
COSMOPOLITAN
LOVE! MONEY! HAPPINESS!
16 PAGE BEDSIDE ASTROLOGER 2015
75 Crazy-Hot Sex Moves
He'll Think About All Year Long!
BYE-BYE, BELLY!
3 NEW EASY WAYS TO LOSE IT
Cameron Diaz
Even More Reasons to Love Her
From Waitress to CEO
Snag Your Dream Job
NAUGHTY EXPRESS!
Hop Onboard—Tonight
Energy All Day
All Night Too ;)
Wake Up Hotter
Sleepy to Sexy in 5 Minutes Flat!
Party Dresses That Flirt for You
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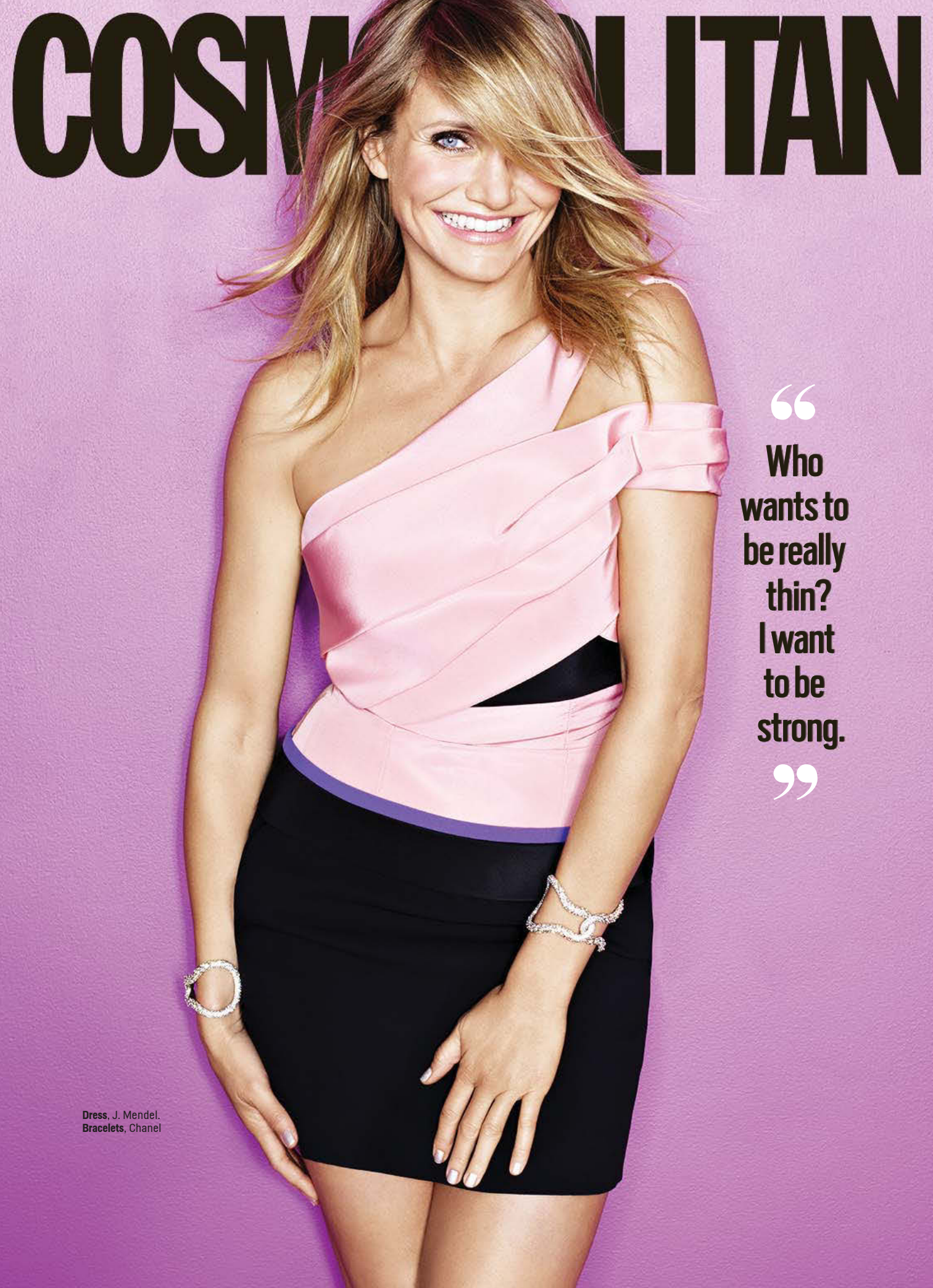


"Intimacy starts with a relationship with yourself, an understanding of who you are."

Dress, Emilio Pucci. **Shoes**, Casadei. **Rings** (on right ring finger), Cameron's own. **All other jewelry**, Smith + Mara


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“Who wants to be really thin? I want to be strong.”

Dress, J. Mendel.
Bracelets, Chanel


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“The relationships that I have, the people who love me, the people I get to love—that’s my success.”

Dress, Anthony Vaccarello X Versus Versace. **Earrings**, Dior. **Cuff**, Coléoptère. **Rings**, Cameron’s own

JAN

WIN IT!

This sporty bag is up for grabs!



This Adidas bag, filled to the brim with the latest workout gear, could be yours! Enter for your chance to win at **Cosmopolitan.com/Adidas2014**.



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COSMOPOLITAN (ISSN 0010-9541) IS PUBLISHED MONTHLY, 12 TIMES A YEAR, BY HEARST COMMUNICATIONS, INC., 300 W. 57TH STREET, NEW YORK, NY 10019 U.S.A.

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POSTMASTER: SEND ALL UAA TO CFS. (SEE DMM 707.4.12.5); NONPOSTAL AND MILITARY FACILITIES: SEND ADDRESS CORRECTIONS TO *COSMOPOLITAN*, P.O. BOX 6000, HARLAN, IA 51593.

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Party Dresses That Flirt for You

Jacket, Ann Taylor. **Shirt**, Piamita. **Skirt**, DKNY. **Shoes**, Charline De Luca. **Necklace**, Lele Sadoughi. **Ring**, Saskia Diez. *(On him)* **Jacket**, Calvin Klein Collection. **Shirt**, Public School. **Pants**, Neil Barrett. **Tie**, Calvin Klein. **Shoes**, Converse Chuck Taylor All Star

PHOTOGRAPHED BY MARCUS MAM. OPPOSITE PAGE: **CHRIS COPPOLA/STUDIO D.**
SEE PAGE 140 FOR SHOPPING INFORMATION.

CELEBRATE COSMO'S 50th BIRTHDAY!

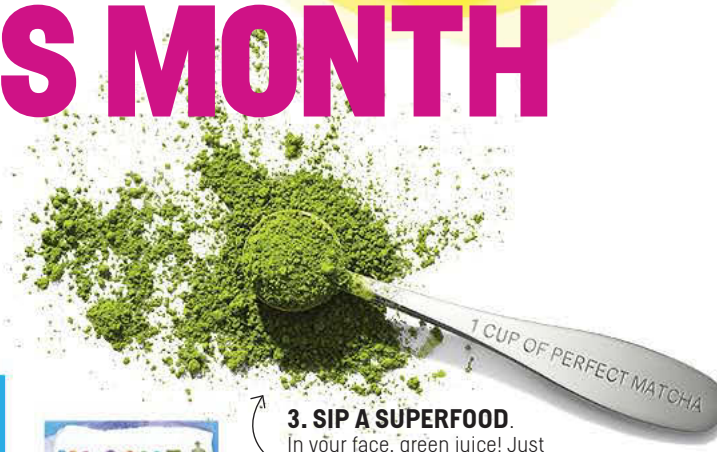
50 THINGS TO DO THIS MONTH



1. EAT THE PIE! Since the 23rd is National Pie Day, it's pretty much your civic duty to order dessert. Whipped cream, optional.

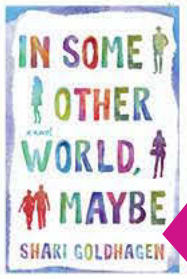


2. REINVENT YOUR SCENT Infused with notes of lime and leather, Gaga's latest fragrance is as weirdly fabulous as the Lady herself. Eau de Gaga, $34, kohls.com



3. SIP A SUPERFOOD. In your face, green juice! Just one cup of Panatēa's frothy matcha tea packs the nutritional punch of 10 cups of regular green tea (panateagreen.com).





4. GET HOOKED ...as this trio's degrees-of-separation drama puts your own post-grad ordeals to shame.

WELCOME BACK, TV **5.** *Glee*'s final season premieres Jan. 9 (FOX). **6.** *Girls* returns Jan. 11 (HBO). **7.** *Downton Abbey* is back Jan. 4 (PBS).



8. GET CENTERED ...with Zen poses and ocean views in Mia Togo's new *Daily Yoga* DVD. Enter to win 1 of 25 copies at Cosmopolitan.com/ElementYoga2014.





9. RING IN 2015 ...with a multitasker's dream. Ringly's baubles alert you to crucial texts and updates, so you can detach from your phone during dinner with the girls (ringly.com).



10. BECOME A SEXPERT ...at the Sexual Health Expo presented by Jimmyjane. Jan. 17 and 18, Sofitel Hotel, L.A.

GET YOUR FLICK FIX



11. *INHERENT VICE* Joaquin Phoenix, burnout detective, desperately seeks his long-gone ex in this trippy '60s saga with Reese Witherspoon.



13. *UNBROKEN* Angelina Jolie directs the true story of a WWII-era Olympian who's taken prisoner after surviving weeks on a life raft.



14. *THE BOY NEXT DOOR* J.Lo's rebound fling with a teenager goes awry when the guy (Ryan Guzman) catches a case of the psychos.

12. *THE WEDDING RINGER* *Book of Mormon*'s Josh Gad as groom + Kaley Cuoco-Sweeting as bride + Kevin Hart as (fake) best man = pure hilarity.



15. *BLACKHAT* Chris Hemsworth plays a convicted hacker enlisted to hunt down a cyber criminal network in this epic thriller costarring Viola Davis.



16. *SELMA* Just in time for MLK day: a dramatic retelling of the civil-rights leader's historic mid-'60s march in Selma, Alabama, produced by Oprah.

17. *BIG EYES* Tim Burton's latest, based on the true story of artist Margaret Keane (Amy Adams), whose husband (Christoph Waltz) gets all the glory for the creepy but popular paintings she claims are her own.



JON PATERSON/STUDIO D. LEFT TO RIGHT, TOP TO BOTTOM: GETTY IMAGES (3); COURTESY ST. MARTIN'S PRESS; COURTESY ELEMENT; RINGLY; COURTESY SEXUAL HEALTH EXPO; WILSON WEBB/WARNER BROS.; MATT KENNEDY/SCREEN GEMS; COURTESY UNIVERSAL PICTURES (3); ATSUSHI NISHIJIMA/PARAMOUNT PICTURES; COURTESY THE WEINSTEIN COMPANY.



18. SEDUCE YOURSELF **…with Make Up For Ever's Fifty Shades collection, including Tease Me lip colors and Give In to Me eye shadows that, thankfully, come in shades other than gray (sephora.com).**

Give In to Me Alluring Color for Eyes & Lips set, $79, sephora.com



19. CRUSH HARD …on Tina Fey and Amy Poehler as they host (and roast) the stars at the Golden Globes (Jan. 11, 8 p.m. ET, NBC).

20. MAKE A DATE The Dog Land app connects dog owners looking for pup-loving locales *and* locals.

24. ORDER A BUTLER IN THE BUFF Yes, it's really a thing. Not having a party? Grab an ab- and ass-tastic calendar at ButlersInTheBuff.com.





25. WEAR A 'STACHE …with Johnny Depp and the all-star cast of the off-the-wall international art caper *Mortdecai*.





21 MEGHAN TRAINOR

DOWNLOAD NOW Our resident music guru, Sergio Kletnoy, shares what's on his playlist. Get more @SergioKletnoy.

Her hit, "All About That Bass," ruled the charts last fall, becoming the longest-leading number one song by a woman in 2014. Building on that breakout success, Trainor debuts her first album filled with her now-famous candor and catchy hooks. "'3 a.m.' is a song I wrote about drunk texting," she laughs. "Everyone does it! And the track 'Walkashame' pretty much says it all," she tells Cosmo. Hey, we've all done it.

ON SELF-ESTEEM "I struggle with self-acceptance. Having guys treat you right is a big thing for me. I just started learning how to do that."

HIDDEN TALENT "I can sign. I took three years of sign-language classes."

ON DREAMING BIG "At 13, I told my dad, 'We need to buy a bus, because I'm about to be a huge star.' He laughed and said, 'Sure, no problem. I'll drive your bus.' Now I always tease him, 'Do you want to drive my bus? Because I'm killing it.'"



22. *FENCES* Come for "Arrows," featuring Macklemore and Ryan Lewis, stay for singer/songwriter Christopher Mansfield's soulful voice.



23. *RIXTON* The Manchester, England, foursome broke through with "Me and My Broken Heart." Watch your backs, 1D.



26. CLEAN IT UP Reboot your beauty routine with Birchbox's new Fresh Start kit ($38, birchbox.com).



27. LOL SO HARD MTV's wickedly dead-pan web series *Esther With Hot Chicks* gives *Between Two Ferns* a run for its views.



28. TEXT IN THE COLD Save your fingers from frostbite with touch-screen-friendly gloves (BCBGeneration, $48, bcbgeneration.com).



29. *Fashion Police* returns post Golden Globes, Jan. 12 (E!). **30.** Chris Soules is the newest *Bachelor*, Jan. 5 (ABC). **31.** *Friends* debuts on Netflix, Jan. 1.

32. KISS 2014 BUH-BYE! Set up your own kiss-cam photo booth, then livestream Cosmo and CoverGirl's Official Kiss New Year's Eve party live from Times Square!



Lipsticks, CoverGirl Colorlicious lipstick, $6 each, drugstores

JON PATTERSON/STUDIO D. CLOCKWISE FROM TOP LEFT: COURTESY MAKE UP FOR EVER; SARAH MCCOLGAN/EPIC RECORDS; COURTESY E! ENTERTAINMENT; COURTESY SCHOOL BOY/QUIANT LITTLE MANY/MAD LOVE/INTERSCOPE RECORDS; COURTESY AMAZON; COURTESY MTV; CRAIG SJODIN/ABC; COURTESY LIONSGATE (4); COURTESY BUTLERS IN THE BUFF; DOGLAND; GETTY IMAGES (2).

33. *Parenthood* takes its final bow on Jan. 29 (NBC). **34.** *Broad City*'s dynamic duo returns for season two on Jan. 14 (Comedy Central).



35. HAIL MARY The incomparable Ms. Blige hits up Brit stars like Sam Smith and Emeli Sandé for her London Sessions.

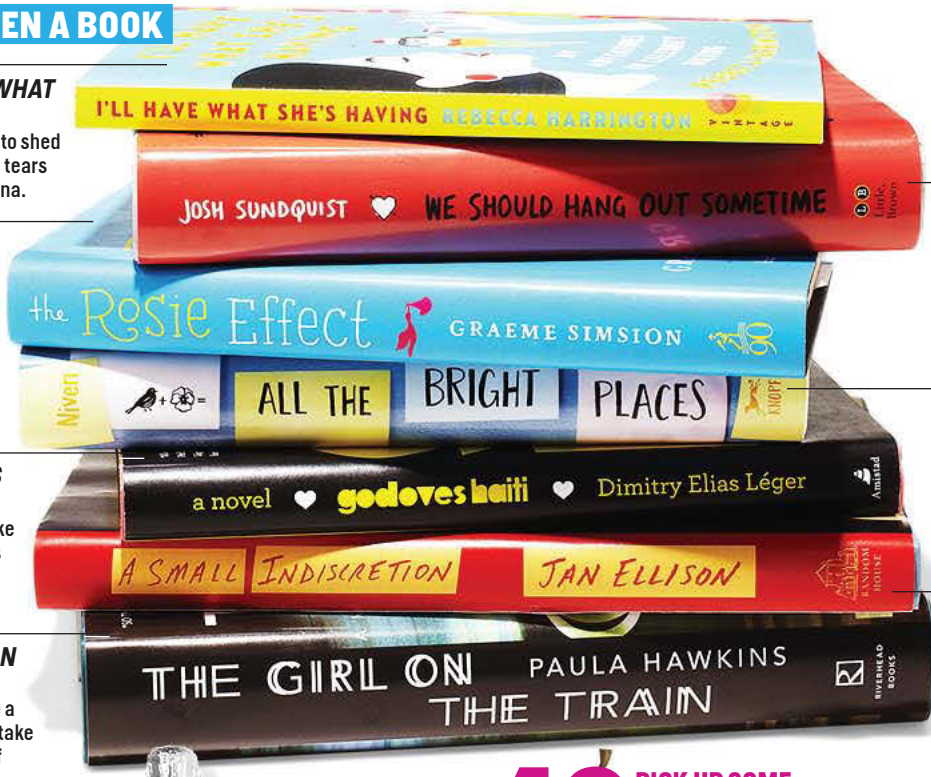




Shot-glass set, MoMA, $89, momastore.org

36. CLASS UP ...Your Jell-O shots, because the only thing that should be served in 3-ounce Dixie cups is Listerine.

CRACK OPEN A BOOK



37. *I'LL HAVE WHAT SHE'S HAVING*
What it's really like to shed pounds, sweat, and tears like Bey and Madonna.

38. *THE ROSIE EFFECT*
Lovable science prof Tillman's perfect(-ly concocted) marriage is about to hit a major bump.

39. *GOD LOVES HAITI*
The 2010 earthquake unearths Natasha's buried love life as it uproots her home.

40. *THE GIRL ON THE TRAIN*
There's nothing like a possible murder to take the humdrum out of your daily commute.

41. *WE SHOULD HANG OUT SOMETIME*
A relationship virgin tracks down every love lost. First stop? Middle school.

42. *ALL THE BRIGHT PLACES*
Upbeat Violet and death-obsessed Finch turn out to be the missing link in each other's lives.

43. *A SMALL INDISCRETION*
Are those wild college days ever really behind you? Happily married Annie finds out.



Pouch, Cole Haan Gift Program, $98, amazon.com/fashion

44. DECLUTTER It's Get Organized Month. Trash the little stuff (gum wrappers, receipts) and focus on the major stuff (phone, keys, wallet).



45. UPGRADE YOUR HOLIDAY GREETINGS ...with some Amazon cash. Bonus points for making the gift card personal.



46. CLINK FOR A CAUSE Half the profits from each bottle of ONEHOPE Brut go to the World Food Program.
$59, onehope wine.com

48. PICK UP SOME PRO MOVES ...For your next spin on the mechanical bull when the Professional Bull Riders storm NYC for the Built Ford Tough Series' big Buck Off at the Garden, January 17 and 18 (on CBS and CBS Sports).





Syracuse Orange sweater, $65, fanatics.com

49. SHOW YOUR SPIRIT ...With an ugly-sweater party in honor of the first-ever College Football Playoff championship game, Jan. 12.

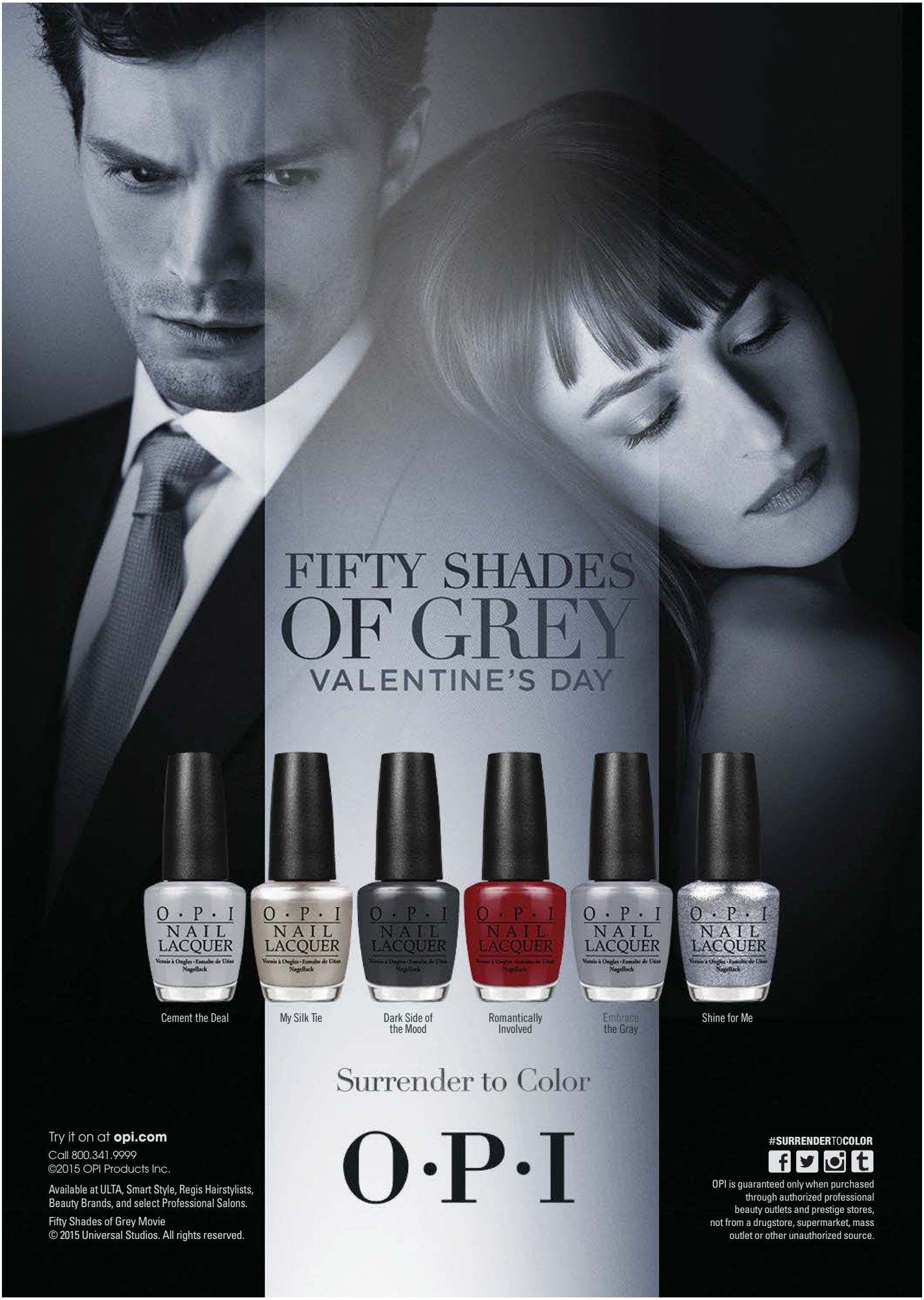
47. STREAM WHITNEY'S HITS Angela Bassett directs Yaya DaCosta as Whitney Houston in the gone-too-soon singer's first biopic (January 17, 8 p.m. ET, on Lifetime).



50. CLICK ON ...Every link in *Find Me, I'm Yours*, a next-gen eBook that literally jumps off the page.

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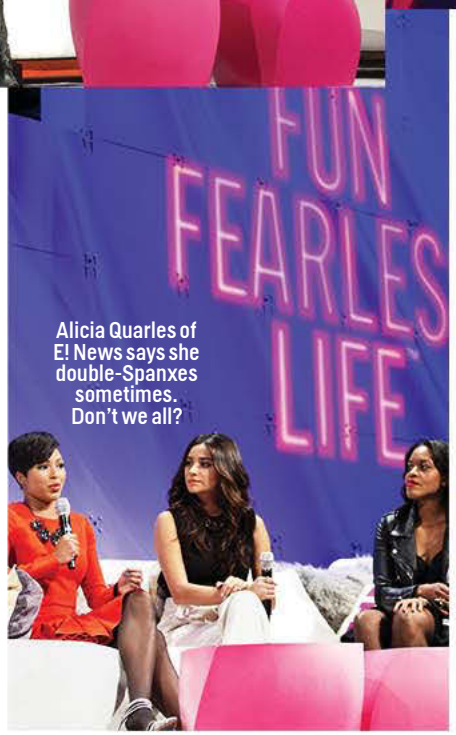
IT'S A COSMO WORLD

Two thousand dreams came *thismuch* closer to becoming realities at Cosmo's first-ever Fun Fearless Life Weekend, hosted by Editor-in-Chief **Joanna Coles**.



"Do one nice thing for yourself every day," says Kelly Osbourne (here with Joanna, Dr. Jennifer Ashton, and Jillian Michaels).

There aren't a lot of good reasons for a girl to get out of bed early on a Saturday—in 40-degree weather at 7 a.m. So it's a bit of a miracle that 2,000 Cosmo readers gathered over two days in November at Lincoln Center in NYC. Dressed like bosses in leather pants and heels, they came for Cosmo's sold-out Fun Fearless Life Weekend, sponsored by Maybelline New York and Express, coproduced with WME, and headlined by speakers from Spanx founder Sara Blakely to Kelly Osbourne. Attendees arrived from places as far-flung as Copenhagen. They networked, took selfies, and sprinted in place to get their blood pumping (thanks, Adam Rosante!). They mingled with the stars and drank Chambord cocktails at the VIP party. They met up with speakers at the Cosmo Lounge, sponsored by UE Boom and Logitech. One attendee e-mailed to say the conference "no doubt has changed my life." Keep reading Cosmo and following us on social media so you don't miss tickets for all the fun next year. In the meantime, jump-start your dreams with this fun, fearless life inspo!



Alicia Quarles of E! News says she double-Spanxes sometimes. Don't we all?

tweets we love

@EssMuraiyya
Today was an out-of-body experience! What these people had to share…I feel a change in me.

@Lauryn_Ashley
That moment when you realize leaving the conference is just the beginning rather than the end.

@HolaRitaCr
The entire #FunFearlessLife event felt like reading a Cosmo: sexy, fun, smart, and empowering. Congrats, @JoannaColes!



Guests picked up sparkly swag at the Express pop-up shop.


@TheCityPrep loves Nasty Gal founder Sophia Amoruso's advice. #GIRLBOSSES for the win.



The 2,000 attendees were offered free lipstick and makeovers by Maybelline New York.


@AlexandraLeigh613 meets Origami Owl founder Bella Weems and calls it an #Incredible #Inspiring moment.

THIS PAGE, TOP TO BOTTOM: ALLIE KIRCHER; SERGIO KLETNOY; NAOMI NISHI; ALLIE KIRCHER. COURTESY SUBJECT; ALLIE KIRCHER. COURTESY SUBJECT. OPPOSITE PAGE, CLOCKWISE FROM TOP RIGHT: ALLIE KIRCHER; CRAIG BARRITT/GETTY IMAGES (3); NAOMI NISHI. "TWEETS WE LOVE" ENTRIES MAY HAVE BEEN EDITED FOR LENGTH AND CLARITY.



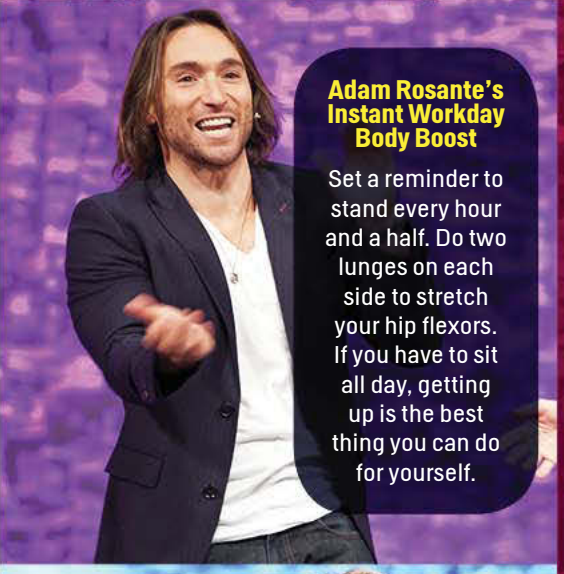


"I think you just have to make fun of everything to stay grounded. And it's awesome if you have a partner that you can make fun of life with."

—**CHRISSY TEIGEN**
supermodel



This is what a room full of power poses looks like. Hat tip to Amy Cuddy of Harvard Business School!



Adam Rosante's Instant Workday Body Boost

Set a reminder to stand every hour and a half. Do two lunges on each side to stretch your hip flexors. If you have to sit all day, getting up is the best thing you can do for yourself.



"Success is an inside job. Seek happiness inside yourself."

—**GABRIELLE BERNSTEIN**
motivational speaker, life coach, and author

ADVICE FROM BACKSTAGE

"If you really pay attention, life will guide you where you need to be."

—**JILLIAN MICHAELS**
health and wellness expert

"When you mess up or even if you're afraid you'll mess up, remember that nothing lasts. The moment ends."

—**GRACE HELBIG**
YouTube star of "It's Grace"

"Travel more."

—**JORDAN CARLOS**
stand-up comedian

"When I used to read magazines, I would think I was never going to be good enough to be in them. Then one day, I stopped caring. I started to look at myself and say, 'You're beautiful. You're going to do great things. Be proud of yourself.' And one day, you start to believe it."

—**ELLE KING**
singer/songwriter

"Get a vibrator."

—**JENNIFER ASHTON, MD**
board-certified ob-gyn

"We are never going to wake up being someone else. You better learn to love yourself because there are things you have that other people wish they had."

—**KELLY OSBOURNE**
celebrity fashion icon

REPORTING BY ANNA BRESLAW, MARISSA GAINSBURG, HELIN JUNG



"Bad shit happens every day. It's how you choose to deal with it that matters. I don't want adversity to define who I am. So suck it up, sister!"

—**GABRIELLE UNION**
actress and activist



"People kept saying, 'Sara, find your passion.' It drove me crazy! How do you find your passion? I took inventory of my life. What am I good at? What do I like? What excites me?"

—**SARA BLAKELY**
founder of Spanx

GET INSPIRED

If you keep living your life exactly as it is now, will you like your life in two years?

"If the question makes you uneasy or anxious, you need to own that. You need to claim that thing you want. That's how you create change."

—**MEG JAY, PHD**
author of *The Defining Decade*

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Agricole Rhum Punch

Fresh nutmeg warms up this winter cocktail from *The Slanted Door: Modern Vietnamese Food* cookbook.

Combine 2 ounces rhum agricole, 1 ounce lime juice, 3/4 ounce simple syrup, and 1/8 ounce allspice dram in a cocktail shaker. Add ice, and shake hard for 10 seconds. Pour into a double old-fashioned glass, and grate nutmeg over the drink. Garnish with a slice of orange.

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PHOTOGRAPHED BY TRAVIS RATHBONE. FOOD/PROP STYLIST: ROSCOE BETSILL.



SNACK of the MONTH

Citrus and Roquefort Crostini

Get a taste of something juicy, funky, sweet, and tart all in one bite with this recipe from NYC-based private chef Dean Sheremet.

Peel 2 large ruby red grapefruits and cut into segments. Cut a baguette into 1/2-inch slices. Heat oven to 400 degrees. Place oven rack in the middle position. Drizzle the cut baguette pieces with olive oil, and toast until golden brown, about 8 to 10 minutes. Let cool. Spread a generous amount of the blue cheese of your choice on bread. Top each toast with a few watercress leaves and a citrus segment. Finish with Maldon salt, fresh black pepper, and a drizzle of honey.

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COSMO contributors



SILJA MAGG Known for her cutting-edge fashion editorials, photographer Magg makes her Cosmo debut shooting this season's embellished must-haves for "Turn Down for What?" (p. 39) and sporty metallics, pastels, and neons for "Fun, Fearless Finds Under $50" (p. 47).

LIFE TURNING POINT "Moving to New York from Iceland, a country of 325,000 people, pushed me. You're competing with the best, which can be very inspiring." **Instagram: @SiljaMagg**

CHELSEA CLINTON The vice chair of the Clinton Foundation—a collaboration with the No Ceilings initiative she and her mom launched last year, which advocates for women worldwide and celebrates those who break barriers in unique ways—wrote the intro for "Are You a Rule Breaker?" (p. 132).

MY BEST AND WORST HABIT "Hyper-organization. I get a lot done, but it's hard to be spontaneous. I'm thankful that my husband impresses upon me why it's important to sometimes deviate from the plan." **Twitter: @ChelseaClinton**





XOSHA ROQUEMORE In "Let's Talk About Turning 30" (p. 36), actress Roquemore, who plays *The Mindy Project*'s straight-shooting nurse Tamra, busts myths that make the end of your 20s seem like, well, the end.

ADVICE TO MY YOUNGER SELF
"Don't doubt the power in your uniqueness. Certain guys might not fall all over you, but trust me, it'll pay off! Just keep doing you."
Twitter: @XoshaRockstar



AURORA TOWER In this year's epic 16-page "Bedside Astrologer," our resident horoscope guru breaks down the wisdom of the zodiac to help you chart your most exciting 2015.

HOW ASTROLOGY FITS INTO MY LIFE
"I use it to pick days to focus on work and days to go on dates. And I never buy new technology if Mercury is retrograde!" **Instagram: @AuroraAstro**



Dress, Versace. **Rings** ***(on right ring finger)***, Cameron's own. **All other jewelry**, Hoorsenbuhs. To get Cameron's look, try Pure Color Gelée Powder Eye Shadow in Cyber Copper, Double-Wear Stay-in-Place Eye Pencil in Onyx, Sumptuous Infinite Daring Length + Volume Mascara in Black, Pure Color Blush in Peach Passion, and Pure Color Gloss in Nude Rose, all by **Estée Lauder**. Fashion director: Aya Kanai. Hair: Chris McMillan for Living Proof at Solo Artists. Makeup: Genevieve for Lancôme. Manicure: April Foreman at the Wall Group using Chanel. Set Design: Jesse Nemeth at BA Reps. Production: Michelle Hynek for First Shot Productions. See page 140 for shopping information. **Photographed by Matthias Vriens-McGrath**

CLOCKWISE FROM BOTTOM LEFT: COURTESY SUBJECTS (2); COURTESY FOX; TIM REGAS.

—RACHEL MOSELY


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THIS IS YOUR YEAR!

I know lots of people roll their eyes at New Year's Eve, but I'm happy to be a basic bitch about this. I love New Year's Eve, and what's not to love? It's a huge party followed by a fresh start, a chance to cancel out the mistakes of last year and do you—all new. I love to be in the center of it all when the ball drops. And where better to be than Times Square as *Cosmopolitan* and CoverGirl sponsor this year's New Year's Eve kiss? If you're far away and throwing your own soiree, live-stream the action at Cosmopolitan.com. I'll be the one wearing a giant pink foam hat and handing out noisemakers to revelers when the ball drops—10...9...8...7...

Of course, if you're like me, you'll also wake up with a massive hangover on New Year's Day. That doesn't mean you can't use the new year to jump-start a new healthy routine. Read up on how our fabulous Olympians get fit, stay motivated, and eat smarter (on page 71). If the rest of us do one-tenth of what they do, we'll be in fantastic shape.



TELL US WHAT YOU THINK OF COSMO

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What do you love? What would you change? You'll be automatically entered for a chance to win $5,000. Just visit **JanuarySurvey.Cosmopolitan.com**.

A YEAR TO FIGHT BACK

On vacation some years ago, I was at a station in Frankfurt waiting to catch a train. I had just enough time to sprint to the bathroom down a long spiral staircase to refill my water bottle when, in the mirror above the sink, I saw a man approaching behind me. I turned to say in my high school German, "Whoa, you're in the ladies' room," when he pulled out a knife and wrestled me into a stall. In a nanosecond, I realized how this could all end badly. Somehow, I pushed him with a ferocity I had no idea I had and released a scream so loud, it startled the both of us. I was lucky. My attacker fled back up the stairs, with me behind him but not in pursuit—all I could think about was getting out of there. The experience left me freaked out. I regret not staying to tell the police, because I am sure he did it again. That's why I'm so impressed with Erin Helfert. On page 136, she tells about her sexual assault overseas and how she returned to Morocco repeatedly to ensure her attacker was put behind bars. In the process, she brought to light how U.S. laws are skewed to protect Americans who are accused of a crime abroad, but not American victims who are attacked. Her courage and perseverance have helped lead to changes in the way the State Department handles these cases. She is a hero to us all. ■



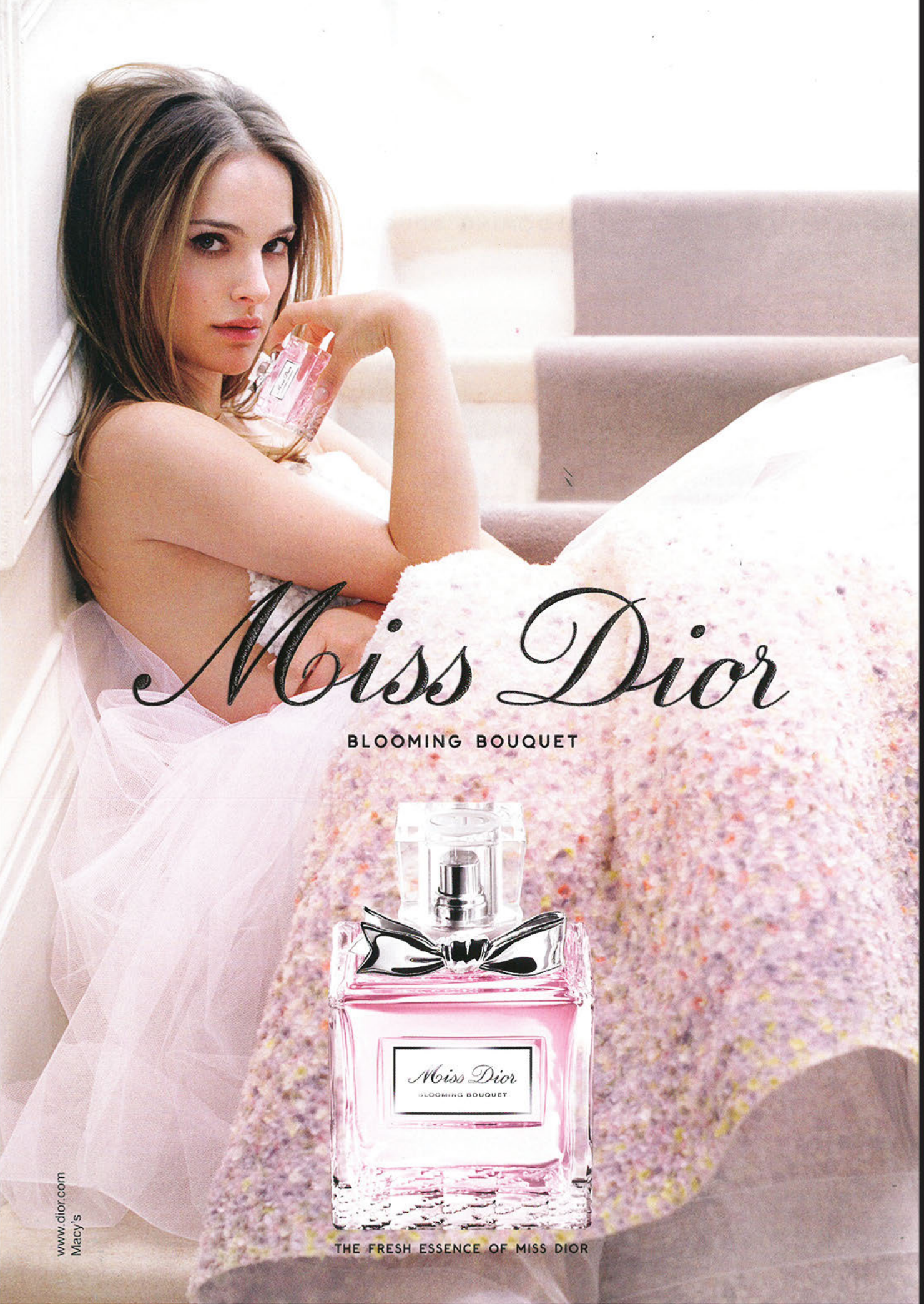
HAPPY BIRTHDAY, *COSMOPOLITAN*

We're celebrating 50 years since Cosmo first encouraged modern, career women to take control of their lives and enjoy sex without the guilt. Check out our "50 Things to Do This Month," on page 10, and other b-day treats all year long.



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In Her Own Words

Cameron Diaz



Favorite healthy snack:
avocado toast

Favorite way to break a sweat:
Haa Haa Haa Haa Haa Haa Haa Haa Haa Haa Haa Haa Haa Haa Haa

No matter how old and ratty it gets, I will never throw away my:
favorite T-shirt—don't know who makes it or I'd buy 10 more

My happy place is: Home

My first celebrity crush was:
Harrison Ford



Life Never fails to make me laugh.

Favorite emoji:



Crystal Ball

Last app I downloaded:



Moon Phase

Favorite movie-theater concession:
POPCORN!!!



My ideal New Year's Eve involves:
No Hangover



Knowledge is POWER

Weirdest thing in my purse right now:
Maldon Salt

Dress, Mugler. **All jewelry**, White Moth Jewelry

MATTHIAS VRIENS-MCGRATH. FASHION EDITOR: AYA KANAI. HAIR: CHRIS MCMILLAN FOR LIVING PROOF AT SOLO ARTISTS. MAKEUP: GENEVIEVE FOR LANCÔME. MANICURE: APRIL. FOREMAN AT THE WALL GROUP USING CHANEL. SET DESIGN: JESSE NEMETH AT BAUER REPS. PRODUCER: MICHELLE HYNES AT FIRST SHOT PRODUCTIONS. FROM TOP: GETTY IMAGES (2); PARAMOUNT PICTURES/GETTY IMAGES; COURTESY MOON PHASE APP; GETTY IMAGES (2); SHUTTERSTOCK. SEE PAGE 140 FOR SHOPPING INFORMATION.

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CONFESSIONS

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EDITED BY MARINA KHIDEKEL



1

"Once, after getting drunk at a friend's party, I came home, tore off my dress, and threw it into the trash outside. I have no idea why. It was gone the next morning when I went to look for it. Worst thing I've ever done while drunk."

—LAUREN D., 27, media coordinator, from Mallorca, Spain



2

"I was on a bike recently, riding around, listening to Stevie Wonder, and crying about my ex. Lord knows what I was doing."

—ANTHONY H., 35, busser, from Coney Island, NY



3

"The first time I wore this trench, I got all these looks from dudes. A cute guy rode by on his bike and said, 'Excuse me, I don't think you have any pants on.' I'd run out of the house with just the trench and my underwear on."

—KAT H., 27, graduate student, from Santa Barbara, CA

REPORTED BY ANNA BRESLAW AND HELIN JUNG
PHOTOGRAPHED BY NAOMI NISHI

4

GUY CONFESSION

"I PICKED MY NOSE WHEN I WAS ON THE SUBWAY WITH MY WIFE, AND SHE MADE EYE CONTACT WITH A GUY SITTING ACROSS FROM US. THEY BOTH LAUGHED AT ME. THEN HE TOOK OUT A NOTEBOOK AND CLEARLY WROTE DOWN WHAT HAPPENED."

—MATT M., 29

[No. 5]

"I was flirting with a cute guy walking his dog, and it started to do its business. I went, 'Well, you gotta get a poop in sometimes!' The guy stared at me, and I fled in shame." —CAROLYN S., 21

[No. 6]

Typo of Terror

"Like anybody would, I scrolled through my boyfriend's Facebook photos to check out his ex. He called me a couple of days later and asked if I had something to tell him. Apparently, I had accidentally Liked a photo where he's all couple-y with her, and he thought I was being passive-aggressively nuts."

—STACY R., 27



A DUDE REACTS

"EVERYONE CREEPS ON THEIR PARTNER'S EXES, BUT MAYBE SHE SHOULD BE A LITTLE MORE CAREFUL. I DON'T NEED OR WANT MY EX CALLING AND ASKING WHAT'S UP WITH THAT." —ZAC A., 25



WE KNOW YOU HAVE CONFESSIONS TO SHARE....E-MAIL THE DIRTY DETAILS TO CONFESSIONS@COSMOPOLITAN.COM, OR TWEET YOUR TALES TO @COSMOPOLITAN!

[No. 8]

GUY CONFESSION

Gender Bender

"I've never been more attracted to Kristen Stewart than when she was in that Jenny Lewis music video where she dresses up like a guy and wears a mustache."

—MICHAEL R., 24

[No. 10]

SURPRISE SHOW

"My wedding photographer shot some racy, almost-nude 'boudoir' photos of me. She included those shots in a CD with all my other wedding photos. I didn't realize it until I gave the CD to my mom, who got the shock of her life." —LINDSAY F., 31



9

When I see dogs, I have to communicate with them. I always wave at them or touch them without asking their owners!"

—JESSICA R., 25, actor, from Los Angeles, CA

[No. 11]

"My boyfriend lives with his mom, and every time I stay over, I use her incredibly expensive hair products. I always get nervous she'll smell them on me." —LIZ L., 23

[No.12]

GUY CONFESSION

Sh*t Fappens

"After the celeb nude-photo hack, my boss asked me what The Fappening means. Mortifying." —CALEB L., 27



[No. 13]

"When I was 16, I starred in a professional production of *The Sound of Music*. My family, friends, and insanely hot new boyfriend were there. As I came down the 'hill' to sing 'The hills are alive,' I tripped on a piece of wood the prop guy accidentally left out and completely face-planted. I had to continue the show with two bruised legs and a severely bruised ego." —BETH BEHRS, actor, *2 Broke Girls*

[No. 14]

FOOL ME ONCE

"One time, my boyfriend told me they took *gullible* out of the dictionary, and I said, outraged, 'They're adding emoticons, like <3 and smiley faces, and they took *gullible* out of the dictionary?!'"

—ANGELA K., 26

NAMES OF READERS WHO SHARE STORIES AND OF THOSE MENTIONED IN THE STORIES MAY HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY. STORIES MAY HAVE BEEN EDITED FOR LENGTH, CONTENT, AND CLARITY.

WORST DATES EVER!

Enjoy these readers' doozies, and be glad this wasn't you.

"He got completely wasted, ordering over $50 worth of drinks. When the bill came, he said ***he didn't bring enough money*** and asked if I could spot him."
—TERESA H., 32

"For our first date, he took me shopping to BUY HIMSELF NEW SNEAKERS. The whole time, he talked about how much they cost and how great they looked. Tacky!" —BRITTANY C., 25



His wallet is not *Going the Distance.*



"On our second date, he told the couple sitting next to us that he was ***planning on bringing another girl*** out tonight but she told him to lose her number."
—CRYSTEL A., 23

"He spent 20 minutes describing HOW GROSS ANOTHER GIRL SMELLED... down there." —ANNA B., 27



"I was out with a guy who was more than a foot taller. Before we could order, he said, 'You're really cute, but I don't think it's gonna work out. ***I have a really huge penis***, and small girls can't handle it.'" —DESIREE C., 29

"He hit a deer with his car, and all he had to say for himself was 'THAT'S DINNER!'" —LAUREN L., 21



"He told me he ***chugged two beers*** before picking me up. He was DRIVING!" —MICHELE C., 21



"He asked if I was thirsty, and when I replied yes, he took a sip of his juice, leaned in, and ***spit the juice in my mouth***!"
—ALEXANDRA E., 19



"I was on a date with a guy who asked me, FOR A MILLION DOLLARS, who would I rather have sex with—my mom or my dad?!" —ALEKSANDRA V., 25

"He blurted out, 'I just really love to casually hang out at hospitals... maybe because BLOOD TURNS ME ON.'"
—COLLEEN H., 23

TWEET US YOUR WORST DATE EVER @COSMOPOLITAN, OR E-MAIL US AT WORSTDATE@COSMOPOLITAN.COM.

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MR. PORTUGAL
CRISTIANO RONALDO
Just imagine how much the top name in soccer could teach you about, er, ball-handling.
@Cristiano

MR. NIGERIA
DAYO OKENIYI
The *Hunger Games* actor gives seriously good face: See perfectly cocked eyebrow and a left dimple that just won't quit.
@DayoOkeniyi

MR. IRELAND
SIVA KANESWARAN
Hello, *Big Hero* Sexy: The Wanted singer once got a black eye defending a woman from her aggro boyfriend on the streets of NYC.
@SivaKaneswaran

MR. MEXICO
DIEGO BONETA
The *PLL* and *90210* alum is a quadruple threat: He acts, he sings, he dances, *and* he deep-conditions.
@DiegoBoneta

MR. TAIWAN
GODFREY GAO
The 6'4" model and *Mortal Instruments* actor was the first Asian guy ever to star in a Louis Vuitton ad campaign. If only he came with the cost of a Speedy bag....
@GodfreyGao

MR. NEW ZEALAND
JAY RYAN
The *Beauty and the Beast* star won a Best on the Box award in NZ. Insert your own joke here. Wink.
@JayRyan

MISTER UNIVERSE

In honor of the Miss Universe pageant, airing January 25 on NBC, we scoured the globe for our own parade of international stunners.

CLOCKWISE FROM TOP LEFT: FAMEFLYNET; GETTY IMAGES; ALAMY; GETTY IMAGES (9).

THE HOTNESS

Charlie Hunnam

WHO British star of *Sons of Anarchy* (series finale airs December 9 on FX) and face of Calvin Klein's Reveal for Him



ON BEING BADASS
"I play a lot of tough guys and violent characters, but I'm not like that at all. I'm a hippie who smiles a lot and is pretty relaxed. I've often had an escape fantasy that I would go out into the woods by myself for a year or two and discover who I am and what life is about."

MY WEAKNESS
"Ice cream. My girlfriend got me an ice-cream maker—oh yeah, I get loose. I can't make it that often because I'll eat the whole thing, but a couple months ago, I made double-dark chocolate. I put in twice the amount of chocolate, crystallized ginger, gingersnap cookies, a bit of chili flake—whew, forget about it!"

ON NUDE PICS
"I just got an iPhone last year. I love Apple products, but I don't use the cloud. I don't trust it, so you won't find any nude photos from me personally [out there]. It's much more likely that I'd be followed somewhere and had taken off all my clothes to jump in a pool of water on a hike or something. I'm not doing any home photo shoots."

—KATIE L. CONNOR

BARRY J. HOLMES/LICKERISH

WHO ARE YOU OBSESSED WITH? Tweet @Cosmopolitan #CosmoGuy and you could see him on this page!



PROMOTION

COSMO HOT LIST

HOT **PRIZES** | HOT **HAPPENINGS** | HOT **STUFF**



LOOK HOT BEFORE YOU TIE THE KNOT!

If you're soon to say "I do" or to be engaged, we invite you to take the Chefs Diet™ Challenge for the chance to win your dream wedding!

Visit Cosmopolitan.com/ChefsDiet and tell us why you should be chosen as one of 20 contestants who will participate in the challenge and receive Chefs Diet free for 3 months. Chefs Diet is the only diet you'll ever love!

NO PURCHASE NECESSARY TO ENTER OR WIN. Look Hot Before You Tie the Knot Challenge. Sponsored by Hearst Communications, Inc. To enter beginning 11/3/14 at 12:01 AM (ET) through 1/15/15 at 11:59 PM (ET) go to Cosmopolitan.com/chefsdiet on a computer or wireless device and complete and submit the entry form, including 1 recent color photograph of yourself, plus a 100-word essay explaining why you should be selected as a finalist to take on the Chefs Diet Challenge ("Challenge"). Cosmopolitan and Chefs Diet will select 20 finalists on or about 1/16/15 to participate in the Challenge for a 90-day period. The 20 finalists will have their stories and progress posted on Cosmopolitan.com/chefsdiet starting on or about mid April 2015 through mid May 2015 during which time Cosmopolitan readers can vote for their favorite finalist. Cosmopolitan and Chefs Diet will select one grand-prize winner and two runner-up winners based on certain criteria. Grand-prize winner will receive a wedding gown from Isaac Mizrahi, a cake from the Cake Boss, $10,000 to the venue of her choice and his/her wedding bands from Judith Ripka (Total ARV: $29,000). Two runner-up winners will each receive a wedding gown from Isaac Mizrahi and a cake from the Cake Boss (Total ARV: $12,000). Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Open to the legal residents of the contiguous States and the District of Columbia, who are female, have planned a wedding to take place no later than December 31, 2016 and have reached the age of majority in their state or territory of residence at time of entry. Void in Alaska, Hawaii and Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at Cosmopolitan.com/chefsdiet.





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hrhrivieramaya.com



FUN, FEARLESS...FAIL!

From wow to WTF, we call the trends like we see 'em.

GO-GO GADGETS!



✌ **FUN** No more excuses for the always cashless (aren't we all?): The new DipJar lets you tip with credit or debit.

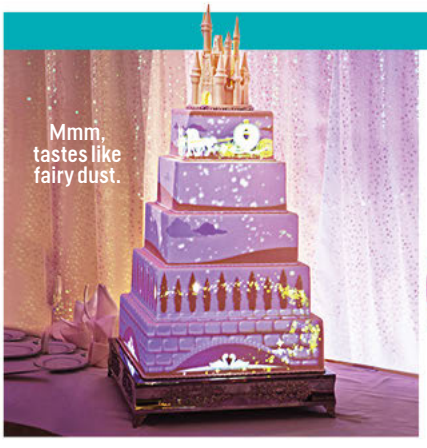


★ **FEARLESS** Former factory worker creates the Chairless Chair. Strap it on, then stand, walk, or have a seat. Relief!



💣 **FAIL** For the most shameless selfie takers: designer Christian Cowan-Sanluis and Acer's in-your-face (literally) Selfie Hat.

THEME PARKS AND REC



✌ **FUN** Disney Fairy Tale Weddings unveils an animated, interactive cake. Project your own love story and eat it too!

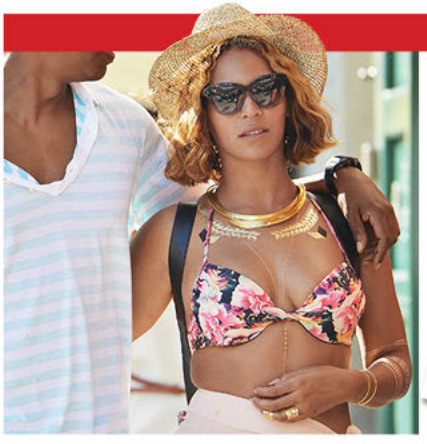


★ **FEARLESS** Thank you, creator of the DILFs of Disneyland on Instagram for sharing this tappable source of hotness.



💣 **FAIL** Because nothing goes better with heatstroke than heartburn: Disney's Hollywood Studios' Fiesta Chili-Cheese Bread Cone.

FAUX INK



✌ **FUN** Lady Bey flaunts multiple Flash Tattoos on vacation, solidifies temporary tats as the new body art du jour.



★ **FEARLESS** Litographs Tattoos puts *Alice's Adventures in Wonderland* on 2,500 people for world's longest (fake) tattoo chain.



💣 **FAIL** Tattoo-sleeve onesies are the latest regrettable trend in baby fashion. What's next, fake nipple rings?

FROM TOP, LEFT TO RIGHT: COURTESY DIPJAR; COURTESY MASSIMO BREGA/THE AGE OF ROBOTS; COURTESY ACER/CHRISTIAN COWAN-SANLUIS; COURTESY DISNEY WEDDINGS; SHARPSHOOTER/SPLASH NEWS (2); COURTESY DISNEYFOODBLOG.COM; SPLASH NEWS; COURTESY LITOGRAPHS; TOMACCO/GETTY IMAGES; JAMIE GRILL/GETTY IMAGES.


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DARLING DARTH



HAPPY HOOPER

FANDOM MENACE



CIRQUE DU *CROTCH-AY*

FIERCE CREATURE





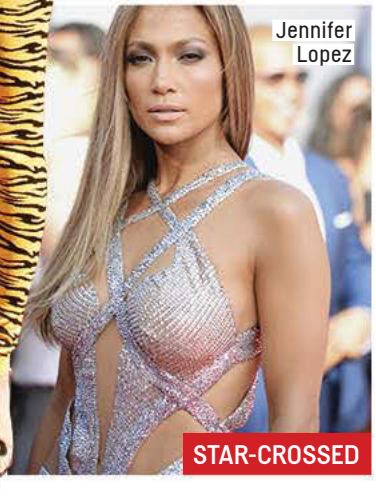
LEATHER MAN



LITTER MAN

TAIL OF TERROR





STAR-CROSSED

FAULT IN HER STARS

FROM TOP, LEFT TO RIGHT: WENN.COM; SHARPSHOOTER/SPLASH NEWS; CARRIE DAVENPORT/FETTY IMAGES; JIM BAM/WENN.COM; TAYSHON/WENN.COM; X17 ONLINE; FOR A CAUSE/GETTY IMAGES; ALBERT FORTES/GI/GETTY IMAGES; MICHAEL KOVAC/WIREIMAGE; BROCK MILLER/SPLASH NEWS.

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SEPHORA

HOT & HILARIOUS

LET'S TALK ABOUT TURNING 30

The Mindy Project's **Xosha Roquemore** breaks down why all those things you should do/have/know by the time you're 30 are pretty bogus.



"I call myself Blaque Lively on the low."
—@XoshaRockStar

Around the time you read this, I will be 30. I'd like to say that I'm immune to the big-dealness of it, but I'm not. I thought I'd be wildly successful by 25! That wasn't true, but I realized I was on the right path. Say you want something at 25 and you get it at 32—is it any less sweet? No. Things come when they're supposed to and they're not any less of a milestone. The most important thing you should do or know by 30 is not to tell people what to do or know by 30. Here, some of the more egregious "shoulds" IMHO.



Catch Xosha as Nurse Tamra on Fox's *The Mindy Project*, Tuesdays at 9:30 p.m. ET.

CONFESSION

I once took an Uber to Baskin-Robbins. I usually walk, but it was nighttime and I didn't want to walk in the dark. When I got in the car, the Uber driver told me I smelled like Chinese food, which was really embarrassing because I had been cooking. He was like, "Damn, you smell like onions!" I just laughed it off. But then later, he turns and looks me dead in the eye and was like, "Can I take you out to dinner sometime?" I don't know if the ice cream was worth all that.

BY 30, YOU SHOULD KNOW...

...How to fall in love without losing yourself. If you know how to do that, then you must have had a lot of experience with real, true love in your 20s! Me? I'm a late bloomer, so that doesn't make sense. For someone like me, who's had only two serious boyfriends, how would I know how to fall in love the right way?

...Whether or not you want to have children. I'm super single—as are a lot of my friends. So having kids right now seems absolutely impossible *and* implausible. That's something so much bigger than you. To say you know exactly where you stand on it at 30? That's far too strict. Give yourself a break.

BY 30, YOU SHOULD HAVE...

...Stopped being boy crazy. It's fun to be boy crazy; just don't act out. I totally lurk guys on social media, just to see what's out there. The other day, I found this guy on Instagram who was like a frickin' unicorn! He works in TV and he looks tall (I'm 5'10"). When you're single, it's nice to know that that unicorn is out there—that means there are others.

...A black lace bra, custom-fitted. I have really small boobs. I need padding! Lace bras are too thin, so I can't imagine they're a great investment for bigger chests either. What I do recommend is a teddy nightgown. They're good for night sweats. By 30, you may discover you have a new tendency to sweat in bizarro places. I'm like, oh hell, why do I have a vagina pit stain? Put that cash toward a nightie instead. ■

— AS TOLD TO KATIE L. CONNOR

FROM TOP: MARY ELLEN MATTHEWS/NBC/GETTY IMAGES; GETTY IMAGES.


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STYLE

EDITED BY KATIE L. CONNOR
MARKET DIRECTOR: SHIONA TURINI



TURN DOWN FOR WHAT?

Make a grand entrance into the party season in larger-than-life embellishments and a flash of cherry red.

Coat, French Connection, $325, lordandtaylor.com. **Dress**, DKNY Jeans, $129.50, available at select DKNY stores. **Clutch**, CC Skye, $362, glamboutique.com. **Earrings**, AV Max, $20 for set of 6, avmax accessories.com. **Bracelet**, Lydell NYC, $35, lydellnyc.com. **Rings** ***(from top, left to right)***, BaubleBar, $20, baublebar.com; Rue Gembon, $45, ruegembon.com; AV Max, set of 5 for $37, avmax accessories.com

HAIR: NATHAN ROSENKRANZ USING ALTERNA HAIR CARE AT BRYDGES MACKINNEY. MAKEUP: SARA GLICK USING DIOR ADDICT. MANICURE: ROSEANN SINGLETON AT ART DEPT USING CHANEL LE VERNIS. MODEL: ROOS/MUSE NYC.

PHOTOGRAPHED BY SILJA MAGG
FASHION EDITOR: JAMES WORTHINGTON DEMOLET



LEATHER CHECK
Dare to skip the tights for a pair of thigh-grazing boots.
Vest, Topshop, $130, topshop.com. **Sweater**, American Eagle Outfitters, $49.95, ae.com. **Skirt**, 1.State, $98, nordstrom.com. **Boots**, Guess, $159, guess.com



LOOK HOT TONIGHT IN THE COLD

When the weather outside is frightful, bundle up in looks that bring the heat.



SLICK SURFACE
Choose jeans with a glossy finish that repels falling snow.
Jacket, Express, $148, express.com. **Jeans**, Paige Denim, shopbop.com. **Shoes**, Sam Edelman, $250, samedelman.com. **Bag**, Vince Camuto, $228, vincecamuto.com



Fashion blogger Rumi Neely.



FAUX SURE!
Fake the luxe look of real fur in a simple one- or two-tone faux coat.
Coat, H&M, $39.95, hm.com. **Skirt**, Topshop, $96, topshop.com. **Shoes**, Shellys London, $150, heels.com. **Bag**, Michael Michael Kors, $258, available at select Michael Kors lifestyle stores

BEN GOLDSTEIN/STUDIO D. STYLIST: SABRINA GRANDE. TOP RIGHT: STEFANIA YARHI. JONATHAN PACIULLO/BLAUBLUT EDITION.

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HAT, Express, $24.90, express.com

SHADES, Foster Grant, $19.99, similar styles available at fostergrant.com

SHIRT, Banana Republic, $69.50, bananarepublic.com

JACKET, New York & Company, $99.95, nyandcompany.com

THE SHIRT
Look for button-downs with dart seams at the bust that keep the front from stretching open.

BAG, Kate Spade Saturday, $275, saturday.com

THE JEANS
A dark rinse, no fades, is key for slimming and lengthening legs.

THE JACKET
When wearing a trench unbuttoned, tie the belt in the back to keep an hourglass shape.

BLAZER, The Kooples, $595, thekooples.com

SHOES, BCBG Max Azria, $350, bcbg.com

STYLE STRATEGY

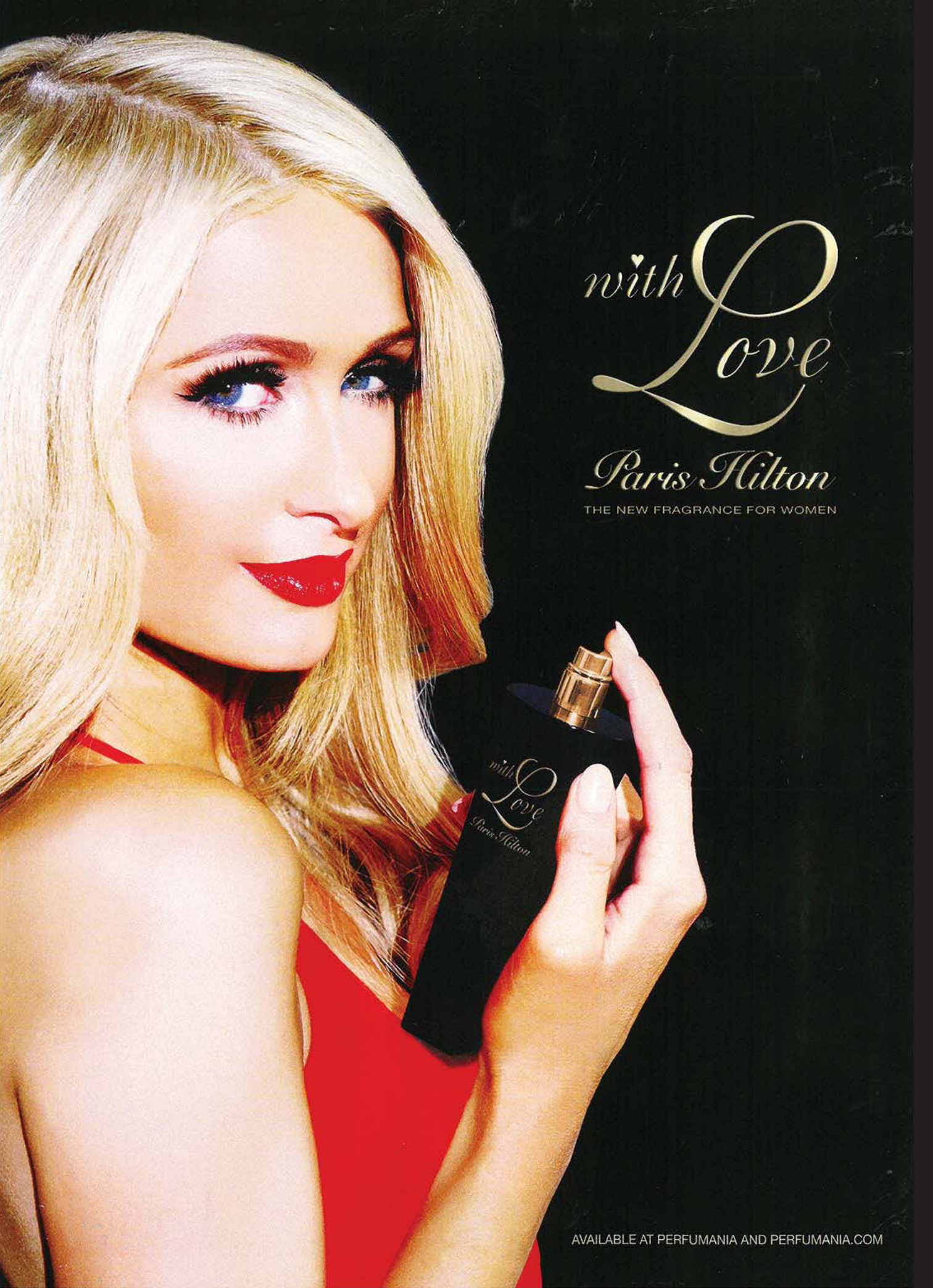
Dress your bod in simple classics that flatter every figure.

THE BLAZER
A graphic-print lapel draws attention away from the waistline.

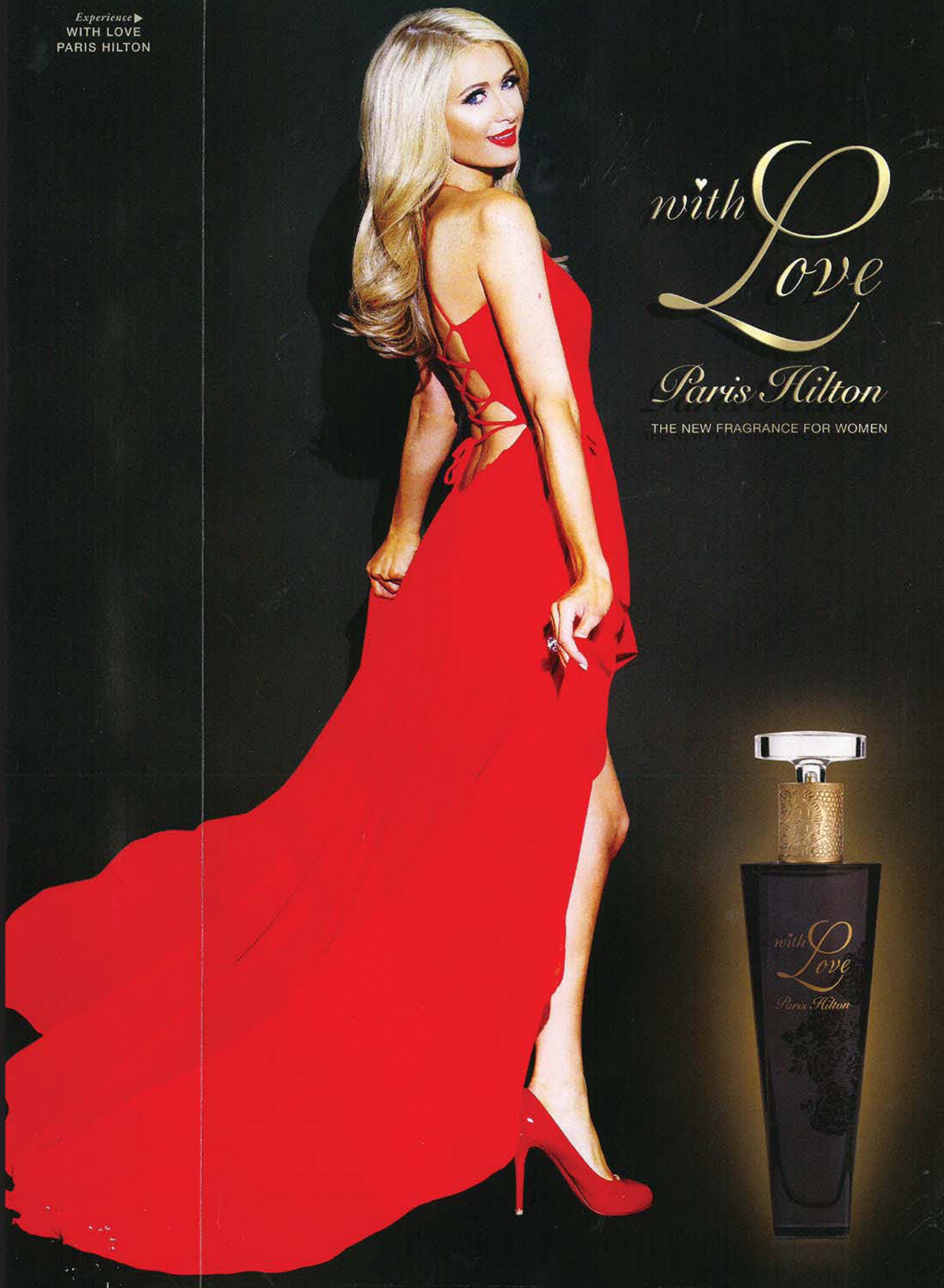
JEANS, Jordache, $16.44, walmart.com

PHOTOGRAPHED BY BEN GOLDSTEIN

STYLIST: SABRINA GRANDE


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FUN, FEARLESS FINDS

UNDER $50

DJ, fashion star, and all-around cool girl **May Kwok** proves that looking fly doesn't have to cost a fortune.



Top, Mango, $29.99, mango.com. **Skirt**, Missguided, $34.18, missguidedus.com. **Shoes**, AMI Clubwear, $29.99, amiclubwear.com. **Bag**, Lulu*s, $40, lulus.com. **Ear cuff, ring**, BaubleBar, $28 each, baublebar.com. **Bracelet**, Banana Republic, $49.50, bananarepublic.com

FLASH POINT

Downplay the in-your-face shine of a metallic skirt and accessories with a casual graphic or vintage tee.

PHOTOGRAPHED BY SILJA MAGG



Sunglasses, Quay Australia, $45, quayaustralia.com

FASHION EDITOR: JAMES WORTHINGTON DEMOLET

THE RED ZONE

Every day is game day when sporty meets sexy in a jersey minidress. Add locker-room-inspired accessories FTW.



Necklace, BaubleBar, $36, baublebar.com

Dress, Missguided, $41, missguidedus.com. **Earrings**, AV Max, $25, avmaxaccessories.com

HAIR: NATHAN ROSENKRANZ USING ALTERNA HAIR CARE AT BRYDES MACKINNEY. MAKEUP: MAKEUP BY SARA BLOCK USING DIOR ADDICT. MANICURE: ROSEANN SINGLETON AT ART DEPT USING CHANEL LE VERNIS.



Sweater, Aerie, $39.95, aerie.com. **Pants**, $49.95, **hat**, $24.95, American Eagle Outfitters, ae.com. **Shoes**, Converse Chuck Taylor All Star, $50, converse.com. **Necklace**, Rue Gembon, $48, ruegembon.com. **Rings**, Karen Egren, $50 each, karenegren.com

Bag, GoJane, $31, gojane.com

BRIGHT TURN

Give your neutral basics a break and choose highlighter-neon shades that glow through the darkest of winters.



Bag, GoJane, $32, gojane .com

Vest, Forever 21, $24.43, forever21 .com. **Top**, Uniqlo, $19.90, similiar styles available at uniqlo.com. **Jeans**, Aéropostale, $25, aeropostale.com. **Earrings**, Rue Gembon, $45, ruegembon .com. **Bracelets** (from top), Apt. 9, $20, kohls .com; Karen Egren, $35, karenegren.com. **Ring**, BaubleBar, $28, baublebar.com

BABY BLUES

Lighten up your denim habit and pair jeans with similar sky-hued extras. If it feels matchy-matchy, you're doing it right.

UNDER $50









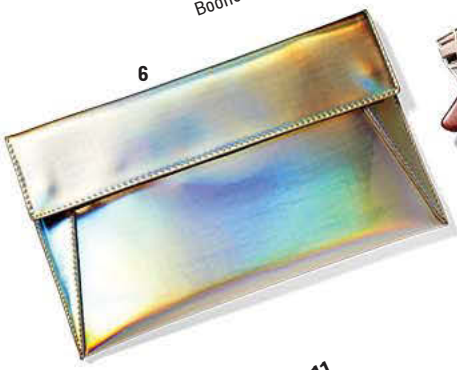


THE RED ZONE **1 Jacket**, Boohoo, $30, similar styles available at boohoo.com **2 Clutch**, JustFab, $39.95, justfab.com **3 Skirt**, Boohoo, $16, similar styles available at boohoo.com **4 Shoes**, ASOS, $49, asos.com **5 Necklace**, BaubleBar, $36, baublebar.com









FLASH POINT **6 Clutch**, Missguided, $28.48, missguidedus.com **7 Sunglasses**, Quay Australia, $45, quayaustralia.com **8 Skirt**, H&M, $17.95, hm.com **9 Tee**, Simply Vera Vera Wang, $36, kohls.com











BABY BLUES **10 Vest**, Forever 21, $27.80, forever21.com **11 Shoes**, H&M, $34.95, hm.com **12 Bag**, GoJane, $32, gojane.com **13 Sweatshirt**, Renamed, $50, pixiemarket.com **14 Jeans**, H&M, $39.95, hm.com



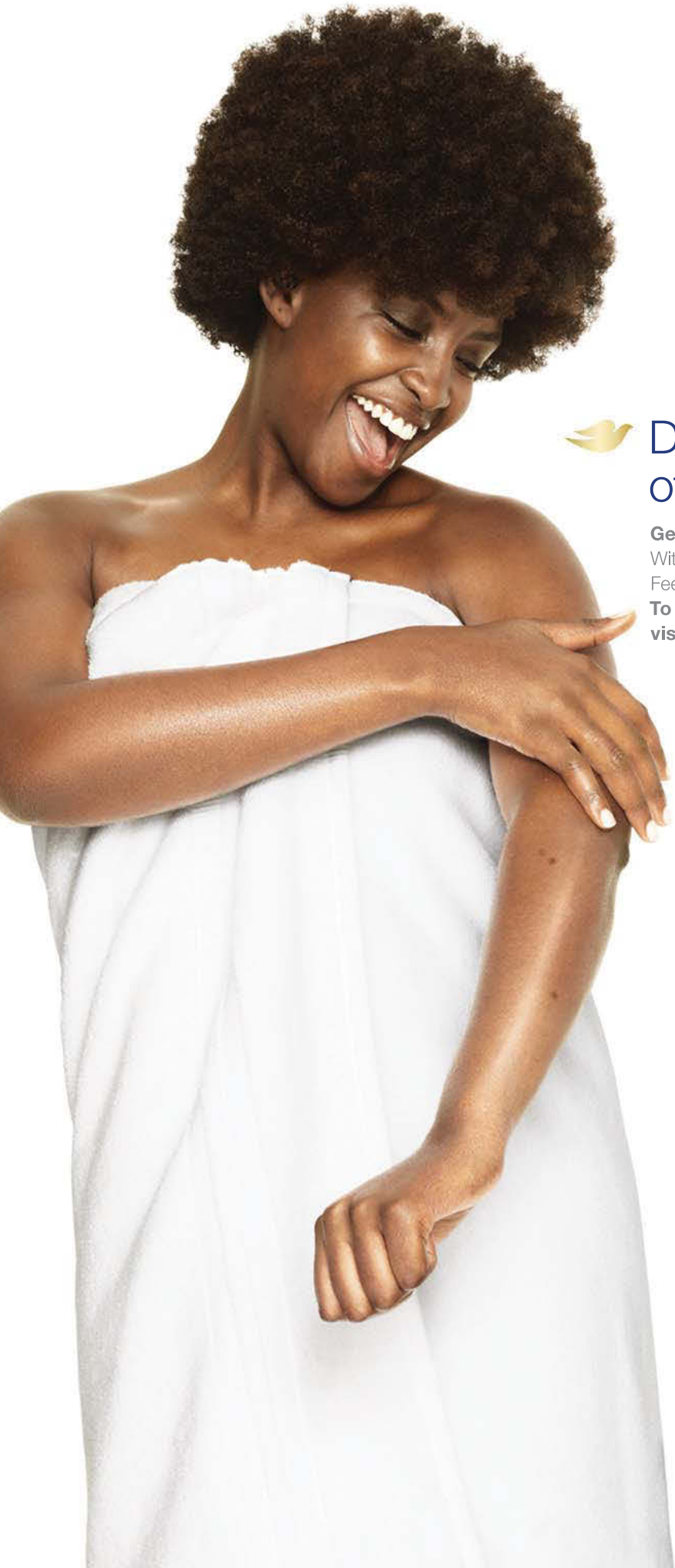






BRIGHT TURN **15 Skirt**, Missguided, $18.98, missguidedus.com **16 Hat**, AMI Clubwear, $14.99, amiclubwear.com **17 Sweater**, Decree, $34, jcpenney.com **18 Bag**, GoJane, $31, gojane.com

BEN GOLDSTEIN/STUDIO D. STYLIST: MELISSA NICOLE BUCK FOR RJ BENNETT REPRESENTS.



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BEAUTY

EDITED BY LEAH WYAR



Pantene Pro-V PowerFull Body Booster Spray ($5, drugstores) plumps up strands, preventing heavy coats or scarves from weighing them down.

LAZIEST HAIR TRICK EVER

THE TUCK!

Our fresh-from-the-runway fix for fighting whipping winter winds and static: Just pop on a sweater or scarf, leaving strands tucked inside, and then loosen the midlengths to form this face-flattering bell shape.

BY MARTA TOPRAN
PHOTOGRAPHED BY AARON RICHTER

FASHION EDITOR: JAMES WORTHINGTON DEMOLET; HAIR: ADAM MARKARIAN FOR BRYAN BANTRY AGENCY USING ORIBE HAIR CARE; MAKEUP: JENNY KANAVAROS USING DIOR SHOW; MANICURE: GERRY HOLDFORD/THE WALL GROUP; MODEL: SIAN/MUSE MGMT; JACKET, WILFRED FREE FOR ARITZIA; SWEATER, GAP.

$10, TOPS!

Budget-friendly buys that make you look (and feel) like a million bucks

BY LAUREN BALSAMO

WAVE GOOD-BYE...

...To dry. Shea butter keeps hands cashmere-soft as temps drop.

Tocca Cleopatra Crema da Mano, $10, sephora.com

DO OR DYE

Safeguards hair color and shine, so you can push back touch-ups by a week or two.

Fekkai Technician Color Care Shampoo, $5 for 2 oz., fekkai.com

STARE TACTIC

Double-tap alert! Fierce purple liner makes for a standout selfie.

L'Oréal Paris Silkissime Eyeliner by Infallible in Pure Purple, $9, lorealparisusa.com

SO CHEEKY

This one-shade-fits-all blush adapts to different tones via light-reflecting pigments.

Tarte Deluxe Skintuitive Cheek Stain in Energy, $10, sephora.com

MANI*CURE*

Beat the winter blues with nails so bright, you'll need shades.

Essie Nail Polish in Mod Squad, $8.50, essie.com

FRENCH IMPORT

A sensorial trip to the land of the chic (sans budget-busting flight!).

L'Occitane Arlésienne Perfumed Soap, $5, usa.loccitane.com

GILTY PLEASURE

Flecks of mica give these basic shades GNO-worthy flair.

Jane Shimmering Suede Shadow in Sensual Shell, $10, kohls.com

WEAR-WITH-ALL

Meet your new 24/7 scent—the perfect mix of sweet and sexy.

The Body Shop White Musk Mini Eau de Toilette, $8, thebodyshop-usa.com

GLOW STICK

Traditionally a lip balm, the pop of shimmer also makes it the perfect cheek luminizer.

Maybelline New York Baby Lips Crystal Moisturizing Lip Balm in Pink Quartz, $4.50, drugstores

CHRIS COPPOLA/STUDIO D


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THE 5-MINUTE MAKEOVER

HUNGOVER TO HOT

Unlike vodka and soda, booze and beauty don't mix. Your guide to save face in a flash.

BY DEANNA PAI



32 Effervescent Breath Treatment in Spearmint by Thomas P. Connelly, DDS, $20, neimanmarcus.com

Dove Dry Spray Antiperspirant in Cool Essentials, $5.50, drugstores





Revlon Ultra HD Lipstick in HD Poinsettia, $9, drugstores

0:00 to 1:29

DESTROY THE…DRINK STINK

Chug a glass of water (booze dries out your mouth, welcoming bad breath–causing bacteria). Brush your teeth (and tongue!), then chew on an odor-killing treatment (above). Since alcohol seeps through your pores as you metabolize it, spray your whole bod with an aerosol deodorant (Dove's, above, leaves no residue) to help absorb and neutralize booze-infused sweat all day.

1:30 to 3:29

SHRINK THE…PARTY-GIRL PUFF

Slather on a gel mask, below (store it in the fridge so it's extra chilly), wait a minute, then rinse it off with cold water and let your face air-dry. The beauty equivalent of an ice pack, the chill from the mask and the evaporating water brings down the facial swelling caused by a combo of vasodilation (blood vessels swelling) and dehydration (which actually causes water retention, especially around the eyes). Then massage under eyes with a cooling, metal-tipped eye cream (like Benefit's) to disperse built-up fluid.



Benefit Puff Off! Instant Eye Gel, $29, benefit cosmetics.com



Peter Thomas Roth Cucumber Gel Mask Extreme Detoxifying Hydrator, $45, peterthomasroth.com

3:30 to 3:59

SOOTHE THE… FIREBALL FACE

It's hard to hide a night of drinking from your boss when your face looks like a vodka-cranberry. The trick: A primer with a yellow (like Clinique's, right) or green tint. Since they're both opposite red tones on the color wheel, they help cancel out those big, booze-induced blood vessels. Follow it up with a CC cream (it stands for *color correcting*). Tarte's, above, offers coverage plus a dose of red-canceling green tint too.



Tarte Colored Clay CC Primer, $34, sephora.com



Clinique Superprimer Face Primer Colour Corrects Redness, $27, clinique.com

4:00 to 4:29

TAME THE…HAIR OF THE DOG

Reach for dry shampoo—just use a heavy-duty formula, like this one, packed with potent starches to sop up extra grime and oil. You'll need it: Your scalp heats up when you drink, making hair super sweaty at the roots. For maximum absorption, spray it on and wait 30 seconds before shaking it out.



Klorane Dry Shampoo With Nettle, $19.50, klorane.com

4:30 to 4:59

BLINK AWAY THE… VINO VISION

Enlarged blood vessels don't just pop up on the skin, they also appear on the whites of your eyes. Unless you're Beyoncé and can get away with wearing shades indoors, use Visine to constrict the vessels. Then create a beauty diversion: An attention-grabbing bold lip will draw others' eyes away from your own.

CHRIS COPPOLA/STUDIO D. MEREDITH JENKS/TRUNK ARCHIVE.



PROMOTION

COSMO HOT LIST

HOT **PRIZES** | HOT **HAPPENINGS** | HOT **STUFF**



COSMO'S FASHION WEEK EVENT

On September 10 in New York City, Cosmopolitan hosted the exclusive presentation of Roomeur's Spring 2015 collection by designer Hagit Kassif. Sexy Hair's top stylists were front and center backstage styling the models' hair. The look: sleek, straight strands to complement Roomeur's chic spring line.

sexyhair.com





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1 prep skin

Spread a dime-size drop of primer over your entire face. It acts like glue, helping the contour stay on skin all day (and night!). Next, smooth on a tinted moisturizer to even out your complexion.

GETTING READY

CRAZY EASY CONTOURING

This face-sculpting technique that's blowing up YouTube (and the Kardashians' Instas) looks hot…but can be confusing. Makeup guru Laura Mercier makes it as simple as a paint-by-numbers kit.

BY DEANNA PAI

PHOTOGRAPHED BY PERRY HAGOPIAN

2 sculpt your features

Define your bone structure by drawing a line of cream bronzer above your eyebrows, down the sides of your nose, below cheekbones, and on the tip of your chin.

3 make them pop

Complete the illusion of fiercer features by dabbing highlighter on the center of your forehead, down the middle of your nose, above cheekbones, and atop your cupid's bow and chin.

4 blend it in

Use a foundation brush to blend all the lines you created in an up-and-out motion, moving the brush toward the outer edges of your face.



Estée Lauder Illuminating Perfecting Primer, $34, esteelauder.com

Laura Mercier Tinted Moisturizer Broad Spectrum SPF 20 Sunscreen, $43, lauramercier.com

Laura Mercier Bonne Mine Healthy Glow Crème Colour palette, $48, lauramercier.com

5 add color

Finally, tap a blush brush into a berry-colored cream blush and swirl it on the apples of your cheeks, diffusing the hue up and out toward your temples.



AFTER

NAME Naomi Nishi | **AGE** 25
OCCUPATION Freelance assistant photo editor at Cosmo

CHRIS COPPOLA/STUDIO D. MAKEUP: LAURA MERCIER. HAIR: JEANI ESTEVEZ AT ARTIST AND AGENCY USING TRESEMMÉ. MANICURE: MARTHA FERETTI AT BRYAN BANTRY AGENCY USING NARS COSMETICS.

TO BECOME THE QUEEN OF CONTOURING, CHECK OUT AN EXCLUSIVE VIDEO ON OUR DIGITAL EDITION: MY.COSMOPOLITAN.COM.

THE SKINNY
SEXY WINTER SKIN, WHEREVER YOU GO

Winter isn't one-size-fits-all. Your face may require a cream thicker than a North Face or a lotion thinner than your Lulus. It all depends on where you live.

FORECAST
warm & humid

PLACES LIKE...
Miami, Puerto Rico

WHAT'S HAPPENING
Heat causes your outermost layer of skin to thicken and shed less. "It's a protective mechanism to shield basal skin cells—the 'mother' of all other skin cells—from UV damage and cancer," says NYC derm Dennis Gross, MD. Another issue: Humidity doesn't allow sweat to evaporate. Part calcium, that layer of sweat hardens, trapping grime inside.

QUICK FIX: Cut through oil with a mattifying face wash, like **Garnier** Clean+ Shine Control Cleansing Gel ($8, drugstores).

QUICK FIX: A gentle peel (such as **Olay** ProX Nightly Purifying Micro-Peel, $40, drugstores) prevents skin cell and sweat buildup.

WET ZONE

QUICK FIX: The eight oils in **L'Oréal Paris** Age Perfect Glow Renewal Facial Oil ($25, drugstores) mimic skin's natural moisture layer.

QUICK FIX: Insulate the superthin skin around your eyes with a light eye cream. Try **Dior** Hydra Life Pro-Youth Sorbet Eye Crème ($52, dior.com).

FORECAST
cold & humid

PLACES LIKE...
New York City, Cleveland

WHAT'S HAPPENING
When temperatures drop, your body naturally draws blood closer to the core (and the vital organs there) and away from your skin. That's a big problem for your skin since "blood delivers much-needed water and nutrients to it," says Dr. Gross. The result is a dry, dehydrated complexion, despite the moisture levels in the air.

FORECAST
warm & dry

PLACES LIKE...
L.A., Palm Springs

WHAT'S HAPPENING
Instead of accumulating on the skin's surface, sweat and moisture evaporate into the dry atmosphere. Sounds like a good thing, "but you're more vulnerable to damage," says Dr. Gross. Skin's natural barrier buffers it from UV damage—with less of a shield, you have to be extra vigilant about UV damage, even in the dead of winter.

QUICK FIX: **Elizabeth Arden** Flawless Future Powered by Ceramide Moisture Cream SPF 30 ($50, elizabeth arden.com) shields skin with SPF and lipids.

QUICK FIX: Apricot and evening primrose oils in **Murad** Renewing Cleansing Cream ($36, murad.com) prevent stripped, dried-out skin.

ARID ZONE

QUICK FIX: Estée Lauder Perfectly Clean Multi-Action Creme Cleanser/Moisture Mask ($25, esteelauder.com) doubles as a cleanser and a hydrating tissue-off mask.

QUICK FIX: Minimize inflammation with **Avène** Redness-Relief Soothing Cream SPF 25 ($36, aveneusa.com).

FORECAST
cold & dry

PLACES LIKE...
Denver, Santa Fe

WHAT'S HAPPENING
Chilly air impedes circulation, messing with your skin's hydration levels (see above). Factor in 24/7 dryness—icy outdoors, heated indoors—and the odds of developing dry patches, eczema, even broken capillaries increase. "In extreme cold, your body tries to make new blood vessels to promote circulation, but those feeble attempts result in red, threadlike veins," says Dr. Gross.

—JESSICA MATLIN

CLOCKWISE FROM TOP RIGHT: JON PATTERSON/STUDIO D (8); GETTY IMAGES/FSTOP; JOHN FOXX/GETTY IMAGES; DIMITRI VERVITSIOTIS/GETTY IMAGES; GETTY IMAGES/FLICKR RF.


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Toyota Corolla
toyota.com/corolla
TOYOTA
Let's Go Places
Options shown. ©2014 Toyota Motor Sales, U.S.A., Inc.

DOES YOUR HAIR WORK FOR WORK?

Every morning before work, tons of curly-haired women straighten their hair. Some love the look; others feel the pressure. **Anna Breslaw** explores workplace hair bias.



In your average workplace rom-com, the boss is a Katherine Heigl–ish, type-A workaholic whose stick-straight hair is as indicative of her competence as her four-inch black stilettos. Curly-haired girls like me? We're not usually in those roles, sometimes not even in those films. Instead, we're playing second fiddle to real stars (cue Judy Greer's Penny to J.Lo's Mary in *The Wedding Planner*), waiting to be made over (à la *Clueless*)...or making an ass of ourselves on the job (*Never Been Kissed*). In Hollywood, curly hair just isn't taken that seriously at work.

For me, real life isn't much different. At my first office job, I found myself in a crowded elevator, the sole ringletted head among straight locks. If there were other curly girls, they concealed it with perfect Kate Middleton–esque blowouts.

While my curls were quirky—a conversation piece at parties ("How often do you have to wash it? Does everyone in your family have it? Are you [*insert tasteless ethnicity question here*]?")—they just felt out of place (even inappropriate) in strait-laced office culture. I wish I could say I was the only one who felt this way.

Marla, 25, recalls getting some unsolicited advice after one of her post-collegiate job interviews didn't end with an offer. "She asked, 'What were you thinking wearing your hair curly for an *interview*?'"

When Michelle Breyer started reporting business news for a local TV station, she quickly learned her curls weren't camera-friendly. "The first day on the job, I got called into my producer's office, who said, 'We need to do something about your hair.'" Shortly after, Michelle founded NaturallyCurly.com, which has become the largest social-media platform and resource for women with textured or curly hair.

Midge Wilson, PhD, a professor of psychology and women's and gender studies at DePaul University, says it wasn't always this way.

"The '60s were tolerant of curly hair among whites as well as the Afro for African-Americans and Jews," she says. "It seemed loose, free-spirited, even wild." Once the Free Love era was over, that perception became a prejudice. "In pop culture, deranged women often have big, uncombed curls. Well-groomed hair is seen as no-nonsense and serious."

Consider the case of Florida Congresswoman Debbie Wasserman Schultz, who is well-known for her natural curls. A 2012 *Vogue* piece on Wasserman Schultz referred to her as *frizzy-haired* yet ran an accompanying



CLOCKWISE FROM TOP LEFT: KATHLEEN KAMPHAUSEN; GETTY IMAGES (4); **CHRIS COPPOLA/STUDIO D.** FROM LEFT: GETTY IMAGES; DUSTIN WAYNE HARRIS/PATRICK MCMULLAN; TIBRINA HOBSON/FILMMAGIC.

photo of her with a blowout. "Many who know Wasserman Schultz called the picture *unrecognizable*," noted a recent Politico article. Chelsea Clinton spent her adolescence mocked on *SNL* for her unruly curls. As an adult, she adopted an immaculate blonde blowout, and the snickering stopped.

For black women, the curly hair stigma is even more problematic. For two years, Brooke, 25, was devoted to what she calls "the creamy crack"—a chemical straightening treatment that takes more than three hours, costs $200 or more, and must be done every two months or so. The process, she said, was hell. "The chemicals feel like they're burning into the depths of your very soul." Ultimately, she went back to her natural texture—a subject thoroughly chronicled in Chris Rock's 2009 HBO documentary *Good Hair*, which showed this landscape to be a complex issue that resonates way outside the office.

Just as Chris was critiquing one form of hair torture, another pricey (although less painful) hair ritual was on the rise: the professional blowout. DreamDry, Drybar, and similar niche salons count many working women as customers. Drybar has grown to more than 40 locations around the country in five years. But at about $40 a pop, you have to make bank to splurge on them. Some women view this as an operational expense. "I make very little money, yet I'm required to look *professional* every day," says Dana, 28. When it comes to at-home options, take your pick: Nearly 1 out of every 5 hair products make an antifrizz claim, a 20 percent increase from 2010.

And the maintenance factor, whether I sprang for a blowout or did it myself, wound up dictating my plans, zapping any sort of spontaneity (even fun!). I avoided the water on beach trips and planned (or skipped) workouts based on my hair. If I stepped out of the salon and it was drizzling? I was screwed. Of course, when you're trying to be taken seriously, these seem like small sacrifices. As a nervous college grad, racing to interviews, I was convinced nixing my curls would make me look more capable, so I routinely turned up my straightener to the highest setting and ended up frying my strands, root to tip.

In retrospect, I'm sad for the girl I was then—and not just because I had fried hair for months. After spending my energy trying to perfect a smooth, polished style, I finally figured out how to work with what I have. And recently, when my younger sister wanted to flat-iron her curls for a job interview, I steered her toward curl-centric products instead. (My favorites: Ouidad Climate Control Heat & Humidity Gel and Moisture Lock Leave-In Conditioner, both $23, ouidad.com.)

So put down the flat-iron, corporate women, and own your natural style. Hell, throw in a big old hair toss for good measure. If everyone stopped straightening just to be taken seriously, it would be pretty obvious that curly hair can mean totally capable. ■

"NIXING MY CURLS WOULD MAKE ME LOOK CAPABLE, RIGHT?"



CURL CONTROL

Shine! Separation! Smoothness! Curly girls have (very) specific needs.



Defines curls (minus the crunch).
Arrojo Curl Definer, $20, arrojonyc.com



Argan oil imparts serious luster.
Moroccanoil Intense Curl Cream, $33.40, moroccanoil.com



Detangles as it cleanses.
Carol's Daughter Marula Gentle Cream Cleanser, $18, ulta.com



Leaves curls frizz-free, postshower.
Living Proof Curl Detangling Rinse, $26, livingproof.com

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Katie Holmes

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HAVE YOUR FUN (AND GREAT SKIN TOO!)

Stress, cocktails, skipping cardio… some sins can make your face go *cray*. Luckily, you don't have to live like a saint. **BY KRISTA BENNETT DEMAIO**



Kate Somerville Age Arrest Anti-Wrinkle Cream, $90, katesomerville.com



SNEAKY SKIN SIN

STAYING UP PAST MIDNIGHT

WHAT'S THE BIG DEAL? Late-night partying—or just blowing through your Netflix queue—causes more than dark circles. A recent study noted sleep-deprived women (those who fall into the "poor" category of the Pittsburgh Sleep Quality Index) age faster than those who catch enough Zs. The theory: Skin-repair rates lag with less sleep, causing lines, spots, and slack skin.

THE FIX Studies show the antioxidant resveratrol, found in grapes and red wine (and in Chanel's serum, here) not only amps up skin's ability to mend itself but also gets your body to create its own antioxidants, says NYC derm Joshua Zeichner, MD. Apply at night, when skin is in repair mode.



Chanel Le Lift Firming Anti-Wrinkle Sérum, $175, chanel.com

BEN GOLDSTEIN/STUDIO D. JON PATERSON/STUDIO D. VANESSA JACKMAN.

SNEAKY SKIN SIN

OWNING THE URBAN JUNGLE

WHAT'S THE BIG DEAL? Smog is hell on skin, thanks to a toxic duo of ozone (a noxious gas created when fumes, like car exhaust, mingle with sunlight) and particulate matter (bits of soot and liquid drops of acids and chemicals that float in the air). The first destroys lipids and proteins, causing irritation and breakouts; the latter, ranging in size from about 2.5 to 10 micrometers (one-seventh the width of a hair), "gets into pores, where it spurs inflammation and free radicals, leading to spots and lines," says dermatologist Fredric Brandt, MD. In fact, a study found women who lived in high-traffic areas had 20 percent more pigmentation.

THE FIX Give smog a p.m. smackdown with a high-tech cleansing brush, says derm Jeannette Graf, MD. In a clinical test against particulate matter, Clarisonic's (here), with its oscillating bristles that move 300 times per second, cleared pores 30 times better than hands.



Clarisonic Smart Profile, $265, clarisonic.com for locations

SNEAKY SKIN SIN

BLOWING OFF A CARDIO SESSION

WHAT'S THE BIG DEAL? Exercise can keep you looking younger longer. One study shows that those who get sweaty on the reg (at least 14 minutes per day) have longer telomeres—protective bumpers on the ends of our DNA strands, which naturally shorten over time. Researchers believe that if you can delay this shortening process, you may delay the signs of aging.

THE FIX The closest thing to a workout-in-a-bottle: Telo-5, a new antiaging system (used in Kate Somerville's cream, above) based on Nobel Prize–winning research on telomere preservation, and Juvenessence, a peptide technology (find it in Dr. Brandt Do Not Age Time Reversing Cream, $130, sephora.com). Topical DNA-repair enzymes like plankton (found in Neova DNA Total Repair, $99, neova.com) might also be key. "In theory, they should be able to repair telomeres along with other DNA," says Dr. Zeichner.



Your skin can be this pretty—even if you party.

SNEAKY SKIN SIN

<3'ING COCKTAIL O'CLOCK

WHAT'S THE BIG DEAL? More than two drinks can be a buzzkill for skin. Alcohol creates free radicals and ups inflammation. It's also a diuretic and a vasodilator, leaving skin dry, puffy, and flushed. Social smoker? You'll likely wake up to a washed-out or grayish skin tone. "Just one cigarette drastically reduces the oxygen levels in your skin, hindering circulation," says Dr. Graf.

THE FIX A cocktail of super-potent antioxidants (like vitamins A, C, and E—in Aveeno's moisturizer, right) will neutralize free radicals before they can do damage. Also, in the a.m., pop an anti-inflammatory ibuprofen to reduce the flush in your face, says Dr. Brandt. To help skin rebound from smoke-induced oxygen loss, reach for a serum rich in saccharomyces lysate (in Avon's, right), a yeast extract that helps restore cell respiratory function, says Dr. Graf.



Avon Anew Genics Treatment Concentrate, $45, avon.com

Aveeno Smart Essentials Daily Nourishing Moisturizer With Broad Spectrum SPF 30, $10, drugstores



Orgo Completely Weightless SPF 29 Sunscreen Face Spray, $32, beautycirque.com

SNEAKY SKIN SIN

DRIVING WITHOUT PROTECTION

WHAT'S THE BIG DEAL? Unless you have seriously tinted windows, UVA rays—responsible for lines, pigmentation, and all three types of skin cancer—can penetrate glass and damage skin cells year-round, explains Dr. Zeichner. Studies show that both sun-induced skin damage (like wrinkles and spots) and skin cancers appear more on the left (or driver's) side of our faces.

THE FIX When it comes to UV damage, nothing defends like sunscreen. Titanium dioxide–based blocks (like the one at left) start deflecting rays the second they're applied. (Chemical sunscreens, on the other hand, require 15 minutes to soak into skin—not ideal if you tend to run late in the morning.) Remember: Any form of SPF needs to be reapplied every two hours, so tote a mini in your purse (not in your car though—high temps can deactivate the ingredients in the formula) and apply before your ride home.

SNEAKY SKIN SIN

BUSTING YOUR A$$ AT WORK

WHAT'S THE BIG DEAL? Fingers crossed, your killer work ethic will soon land you a fat promotion and raise, but all that day-to-day stress can lead to breakouts. Stress triggers the production of androgens—a hormone proven to increase oil production, which leads to clogged pores, says Dr. Brandt.

THE FIX Before bed, wash with a cleanser made of 2 percent salicylic acid (new and amazing: Olay Fresh Effects Clear Skin Acne Hater Deep Scrub, $7, drugstores), letting it absorb like a mask for three minutes. The next day, apply a lotion with less potent, but still effective, levels of the ingredient (like Lancôme's, below, which also mattifies shine). If you need to up the ante, your derm can prescribe the Pill (like Yaz) or an anti-androgen med to balance hormones.



Lancôme Bienfait Pure Focus Matifying Moisturizing Lotion, $46, lancome.com

BEN GOLDSTEIN/STUDIO D. JON PATERSON/STUDIO D. SAM EDWARDS/GALLERY STOCK.

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Algenist Advanced Anti-Aging Repairing Oil, $79, sephora.com

SNEAKY SKIN SIN

GULPING DOWN GREEN JUICE

WHAT'S THE BIG DEAL? ODing on antioxidant-rich veggies can be healthy for skin—unless they're all you're ingesting. "A multiday cleanse deprives skin of oils rich in essential and omega fatty acids, found at high levels in foods such as salmon and nuts," says Dr. Brandt. Depriving yourself, even just for a few days, can lead to noticeably dull, dehydrated skin.

THE FIX Get back your glow with a fatty-acid-packed moisturizer. The most effective ingredient, according to derms: ceramides (in the Algenist oil above), which naturally cushion our skin cells in the outermost layer of skin. "When deposited topically, they act as powerful emollients, restoring hydration and luminosity," says Dr. Brandt.

SNEAKY SKIN SIN

BASKING IN THE HEAT

WHAT'S THE BIG DEAL? Whether you're in the sun or not, "heat alone is enough to trigger brown spots," says Dr. Brandt. High temps—anything above 90 degrees—spur inflammation and free radicals (oxygen molecules that mess with normal cell function), kicking pigment-making melanocyte cells into overdrive.

THE FIX Stop the skin damage before it can even start. Ingredients such as kojic acid (in the Bliss serum, right) and mulberry (found in Olay's overnight mask, here) are called tyrosinase inhibitors. They work by blocking the enzyme responsible for stimulating melanin so that hyperpigmentation will never get a chance to show up on your skin, says Dr. Zeichner.



Blisslabs Active 99.0 Essential Active Serum, $160, blissworld.com

Olay Regenerist Luminous Overnight Mask, $26, drugstores



Philosophy Renewed Hope in a Jar, $47, philosophy.com

Garnier Skin Renew Miracle Skin Perfector Anti-Aging BB Cream, $13, drugstores

SNEAKY SKIN SIN

THE 3 P.M. SODA ADDICTION

WHAT'S THE BIG DEAL? Your guilty pleasure isn't just full of wrinkle-inducing sugar (yes, sweet stuff contributes to aging), it's also highly acidic, says Dr. Graf. Healthy skin cells are formed when our internal systems are balanced at an alkaline (read: nonacidic) pH. When the environment is too acidic, cells produce less healthy offspring, causing everything from flakes to pigmentation problems to deep wrinkles.

THE FIX Switch to a clear bev (dark soda contains more acid-producing phosphorous), says Dr. Graf. Or spike the dark stuff with alkaline-producing lemon. Moisture-attracting humectants, like glycerin or hyaluronic acid (in Garnier's and Philosophy's, respectively), help strengthen weak skin cells. ■



If you can see through your soda, it's better for your skin.

JON PATERSON/STUDIO D. CHRIS COPPOLA/STUDIO D. DOUGLAS LYLE THOMPSON/GALLERY STOCK.

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HOT & HEALTHY

EDITED BY SARA AUSTIN AND LIZ PLOSSER



madison chock

22, ICE DANCER

Hack your morning. "I'm not a morning person," says Chock. "I have to get everything ready the night before or I'd never get out the door to practice." You too? Lay out each piece of your workout outfit—even your socks, because nothing fizzles your a.m. mojo like a sock drawer—get breakfast ingredients ready, and set the coffee-pot timer.

Find a partner. Science shows that the buddy system works—knowing someone is relying on you to show up makes you less likely to bail on your a.m. workout. All the better if it's a cutie like Chock's partner, Evan Bates. "Having a friend to laugh and talk with makes a workout more fun," says Chock. "He keeps me going!"

Get cute, cozy gear. "Confession: I have at least 10 pairs of Lululemon Wunder Under pants," says Chock. They are warm and super flattering—and when you're in fitness gear that makes you feel good, you're more likely to work out.

Blast music. When she's feeling draggy, Chock creates a new playlist via the SoundCloud app (free) to pump herself up. You type in a theme like *running warm-up* or *cardio dance* and the app deejays you some insta-motivation.

GET HER GEAR
Jacket, DKNY Jeans, $129.50, select DKNY stores. **Sports bra**, VPL, $98, Undersport. **Skirt**, Rebecca Minkoff, $98, Rebecca Minkoff stores. **Shoes**, Vans, $47, vans.com. **All jewelry**, Madison's own

HAIR: JOHN D. FOR TRESEMMÉ AT STARWORKSARTISTS.COM. MAKEUP: DENIKA BEDROSSIAN AT CLOUTIER REMIX. MANICURE: MANICURE BY NETTIE DAVIS.

PHOTOGRAPHED BY ERIC RAY DAVIDSON
FASHION EDITOR: JAMES WORTHINGTON DEMOLET

WIN AT WINTER!

Just because it's cold and dark outside doesn't mean you can't be smoking hot. Our favorite winter Olympians tell how to get fitter, eat better, stress less, and feel fabulous. **BY LIZ PLOSSER**



lolo jones

32, BOBSLEDDER AND GOLD MEDALIST IN TRACK

Be a two-timer. With your workouts, that is. "I came alive when I started to bobsled—it awakened new parts of my body, gave me more balance, and challenged me mentally in new ways," says Jones. Now she encourages everyone to keep at least two activities in the mix. If you're a runner, try adding yoga. If you're hooked on hiking, try kickboxing.

Do a holiday workout. Jones loves indulging over the holidays—"I put everything on my mashed potatoes...cream cheese, butter, cheese," she says. But she always does an abs workout too. "My go-to holiday workout is 400 crunches," Jones says. She sneaks them in during commercial breaks while her family is watching football.

Go outside. The gym: warm, loud, fluorescent lights. Outdoors: chilly, serene, sometimes slushy. Even if the gym still sounds more inviting, give an outdoor workout a try at least once a week. "I promise you'll feel like you're conquering more," says Jones, who says being in nature energizes her mentally and physically while melting away stress in ways the gym never does.

Listen to your body. You planned to work out today, but your body feels...blah. On those days, just do dynamic stretches, like arm and leg swings and hip rolls. "Some days you can only handle something tiny, but little stuff adds up," says Jones. Totally fine. Tomorrow you'll feel better.

Go ahead, caffeinate. "I have to have caffeine in the morning before I exercise," says Jones. Science shows it makes exercisers work out longer and harder—so don't feel guilty if you need some to get going.

GET HER GEAR
Jacket, Belstaff, Belstaff New York. **Sports bra**, VPL, $98, Ron Robinson. **Leggings**, Marc Jacobs, marcjacobs.com

jamie anderson

24, GOLD MEDALIST IN SLOPESTYLE SNOWBOARDING

Create heat. An avid yogi, Anderson uses a Kundalini yoga technique called Breath of Fire on her chairlift rides—it'll work wonders warming you up during outdoor workouts. Breathe quickly in and out 108 times and imagine the heat traveling all over your body. Bam—you're toasty.

Breakfast like a champ. Even Olympians get butterflies and feel nervous. On stress-y days, power up with a light and energizing breakfast instead of a big meal. Anderson's fave: chia seeds stirred into oatmeal, topped with banana slices and berries.

Find your Zen place. It's easy to think, ugh, the weather sucks or the flight delay is ruining my trip. Before you go down that rabbit hole, try reframing your problem. "When customs recently wouldn't let me into Bali, I could've totally lost it," Anderson says. "But I tried to think about how lucky I was to be having that first-world problem. A few hours later, I ran into a good friend I hadn't seen in years in the airport. The universe rewarded me!"

GET HER GEAR

Jacket, Norma Kamali, $675, shop .normakamali.com. **Sweater**, J Brand, $295, select Neiman Marcus stores. **Leggings**, No Ka'oi, $180, nokaoishop.com. **Sunglasses**, Oakley Ringer, $150, oakley.com





hilary knight

25, TWO-TIME SILVER MEDALIST IN ICE HOCKEY

Join a team. Knight practiced with the NHL's Ducks the day after our shoot! Camaraderie makes workouts fun, which helps you stick with it. And competition pushes you to work harder, which means faster results. Go to ZogSports .com to find winter rec leagues in your area.

Get sexy muscles. Knight's all-time favorite exercise, the Sumo Squat, strengthens your core (check out her abs!) and sculpts legs (ditto!). Holding one dumbbell or kettle bell in both hands at chest level, stand with legs shoulder-width apart, toes pointed out 45 degrees. Squat while keeping torso straight, then come back to standing. Do three sets of 10 reps.

Think high and low. We lose heat from our extremities first. Keep those body parts warm and you'll feel a lot more comfortable while you're training in the cold, says Knight. Go-to gear: SmartWool socks, fleece headbands by UnderArmour, and lined mittens by Patagonia.

Add a boost. Knight likes to stir a tablespoon of peanut or almond butter into her morning oatmeal, yogurt, or smoothie. Not only does it taste more decadent, but you'll also feel fuller and more energetic for longer.

GET HER GEAR
Jacket, Tess Giberson, $695, Crosby Flagship Store. **Sports bra**, Theory+, $75, net-a-porter.com. **Leggings**, Splits59, $98, splits59 .com. **Shoes**, Vans, $50, vans.com



silje norendal

21, TWO-TIME X-GAMES SNOWBOARDING CHAMPION

Get enough sleep. You're way more likely to bank a workout when you're well-rested, so Norendal makes sure she's in bed by 11 p.m. every single night. If you need eight or even nine hours a night to feel your best, enjoy it!

Stay limber. Foam rollers help break up all the knots and tightness in achy muscles. Norendal rolls for a few minutes every morning and every night. When you hit a tight spot, pause and push into it (ow), rock back and forth, then move on.

Power through. The middle of a workout often feels like no man's land, admits Norendal, who runs outdoors for cardio. "You just want to be done!" she says. Focus on an object in the distance and get to that point, then repeat. Having a target up ahead, rather than looking at your surroundings, makes exercise feel easier and subconsciously improves your pace.

Go svelte. You don't have to look like a marshmallow to brave the elements when you're sweating outside. Norendal rocks super-fitted, skinny snowboarding pants by Nike instead of traditional puffy ski pants. Helly Hansen and Sweaty Betty also make feminine, fitted, cold-day gear.

GET HER GEAR
Jacket, Hunter, price upon request, hunterboots.com. **Sports bra**, $40, **leggings**, $45, **sneakers**, $100, Nike, nike.com. **All jewelry**, Silje's own

10 MINUTES TO TIGHT AND TONED

Your trainer this month: Gold medalist **Lolo Jones**! She demos plyometric moves that blast calories—and give you abs like these—in a flash. **BY LIZ PLOSSER**

WARM-UP Stand with feet together, arms straight and extended in front of chest. Bend knees, and slowly lower butt toward heels. Pulse arms three times. Go back to standing. Repeat 10 times.

ON THE EDGE

1 Stand with feet together with hands at sides. With feet together, engaging your outer abs (obliques) as you push off, jump a few feet to the right.
2 Now immediately jump left, back to where you were. Continue for 40 seconds. For each move, rest for 20 seconds, then do the next one.
SAFETY FIRST Plyometric moves (aka jumping!) are high-impact. If you have bad knees or feel discomfort, don't jump. Push from heels to toes or step instead of jump.





COSMO BODY

GET HOTTER, FASTER!

Find more workouts on our fitness and lifestyle video platform, CosmoBody. We drop a new fitness video every weekday! Try it free for 10 days, then score a monthly membership for just $9.95 a month. Your booty will thank you.







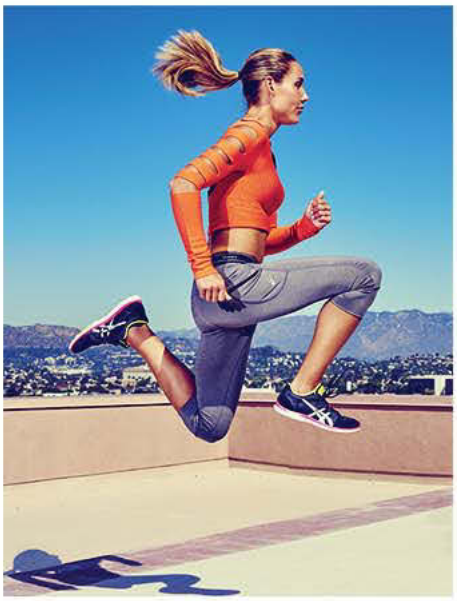
CIRCLE BACKS

1 Stand with feet hip-width apart, arms hanging at sides. 2 Bend knees and jump, rotating your entire body 180 degrees (or as far as you can go). 3 Continue in same direction for 20 seconds, then switch directions and continue for 20 seconds.

POWER BOOST **Use your core to rotate. Going 180 degrees as you jump is amazing. Making it 360 degrees? You're a superhero.**

Get Lolo's Gear

Shirt, Cushnie et Ochs, $550, Bergdorf Goodman. **Pants**, $48, **shoes**, $90, Asics, asics.com



RUNNING WOMAN

Stand with legs hip-width apart and feet parallel, with your right heel in line with your left toe. Bend knees and jump in the air, separating your legs and pumping arms as though you're running while airborne. Land with right foot behind left; pause, then bend knees and repeat the jumping motion with left leg forward and right leg back. Continue for 40 seconds.

JUST SO YOU KNOW **Lolo jumps hurdles at 28 miles per hour, which is why she seems to be effortlessly flying in the air. Don't sweat it if you can only get a few inches off the ground.**



ROCKET JUMPS

Stand with feet hip-width apart. Bend knees to come to a crouching position, with fingertips touching floor. Now press through your heels and jump as high as you can off the ground, raising arms toward the sky as you jump. Land with a slight bend in your knee; return to crouch position and repeat for 40 seconds.

DOWN FOR IT **Fully commit to the crouch position in each rep—it engages your abs.**



A STAR IS BORN

Stand with feet hip-width apart and jump up, spreading your arms and legs while in the air to make a star shape. Come back to ground with a slight bend in your knees. Repeat for 40 seconds. Do each move one more time for a gold star.

WORDS MATTER **"Lack of motivation is a lack of goal," says Jones. "Do you want to run a 5K? Look good for the holidays? Write it down. Words are powerful."**

PHOTOGRAPHED BY ERIC RAY DAVIDSON
FASHION EDITOR: JAMES WORTHINGTON DEMOLET

HAIR: JOHN D. FOR TRESEMMÉ AT STARWORKSARTISTS.COM. MAKEUP: DENIKA BEDROSSIAN AT CLOUTIER REMIX. MANICURE: MANICURE BY NETTIE DAVIS.



CAN A CORSET TONE YOUR TUMMY?

Post-baby "waist training"—wearing a super-restrictive undergarment day and night—is trending with celebs. With repeated use, a corset can help reunite your ab muscles if they've separated during childbirth, so your belly looks flatter even after you take it off. But gastroenterologists warn that prolonged stomach pressure can cause acid reflux and damage the GI tract. Instead, do core exercises to strengthen your abs, whether or not you've had a baby. **—MARISSA GAINSBURG**

SOURCE: REBEKAH GROSS, MD, GASTROENTEROLOGIST AND CLINICAL ASSISTANT PROFESSOR AT THE NYU SCHOOL OF MEDICINE



ASK DR. ASHTON

Q I had an abortion. Will that make it harder for me to get pregnant later?

A It's very unlikely. Medical abortion with prescription drugs and surgical abortion using vacuum aspiration both pose no fertility risk. There is a very small risk when doctors employ dilation and curettage (D&C)—a scraping of the pregnancy tissue that's more likely to be used the later you are in pregnancy. A D&C can create scar tissue, which could then make it hard for an embryo to implant in that exact spot in the future. This happens less than 1 percent of the time, and if your MD suspects you are dealing with scar tissue, she can check your uterus, and the scar tissue can be removed.

SOURCE: JENNIFER ASHTON, MD, AN OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS



Never Forget Your Pill Again

The average woman remembers to take her birth-control pill just 71 percent of the time, reports a new study in the *Journal of Women's Health*. Sound familiar? Try a Pill-reminder app—they work! Data from the folks responsible for the MediSafe app (free) shows that their users remember to take their daily birth-control pill 94 percent of the time.

—LIZ PLOSSER

It's Time to Enroll!

Thanks to the Affordable Care Act, only 15 percent of Americans are uninsured, compared with 20 percent in 2013. Among those who switched plans because of the law, 61 percent are paying the same or less. Plus, 67 percent of women now get their birth control for free, a study by the Guttmacher Institute reports. Don't miss out: Sign up for a plan at Healthcare.gov between November 15 and February 15. Feeling confused or broke? The folks at the nonprofit EnrollAmerica .org offer gratis help mapping out your options. **—OLIVIA SIMONE**



BEN GOLDSTEIN/STUDIO D, THIS PAGE, FROM TOP: SHUTTERSTOCK; COURTESY THE PILL APP; SEAN LOCKE/ISTOCKSY. OPPOSITE PAGE, FROM TOP: ABC VIA GETTY IMAGES; COURTESY OSPAN/MEDICINE; TRAVIS PATHBONE; FOOD PREP BY STYLIST ROSCE BETSILL. LESS IS MORE" SOURCE: DREW RAMSEY, MD, ASSISTANT CLINICAL PROFESSOR OF PSYCHIATRY AT COLUMBIA UNIVERSITY COLLEGE OF PHYSICIANS AND SURGEONS; AUTHOR OF *50 SHADES OF KALE*.

LESS IS MORE
Pick up smaller varieties of fruits and veggies with skin on them (mini cukes, fingerling potatoes). The skin is full of nutrients—and smaller sizes have a higher skin-to-flesh ratio—so you'll get more health benefits. Plus, they're cute. **—M.G.**

Cake in a Cup

Be the Martha Stewart of the microwave! A mug dessert keeps the portion size sane.



BANANA STREUSEL COFFEE CAKE

3 T spelt or white flour
¼ t. baking powder
1/16 t. salt
2½ t. sugar
1 T plus 2 t. water
1 T mashed banana
¼ t. vanilla extract

FOR THE STREUSEL
¼ t. cinnamon
2 t. brown sugar
2 t. mashed banana
Tiny pinch salt
2 pecans or walnuts, crumbled

Mix dry cake ingredients in a bowl. Add wet ingredients, and stir until just mixed. Combine all streusel ingredients in second bowl. Fill a mug halfway with batter. Sprinkle on two-thirds of streusel, then spoon on remaining batter. Sprinkle with rest of streusel. Cook for 1 minute in microwave.

—M.G.



BIRCHBOX FOR FOODIES

We love Hatchery's monthly subscription boxes, which are filled with artisanal goodies—like spice rubs, tomato chutney, and flavored cooking oils. So, hostess gifts for the holiday season...done. $20 a month, Hatchery.co **—L.P.**

Be a Better Couch Potato

If you're going to eat while you watch TV, at least turn on *Veep*. Researchers at Uppsala University, in Sweden, found that boring shows (volunteers watched an art lecture) make you consume 52 percent more than "engaging comedies" do. They suspect that when you're into a show, you're less likely to use bites of food to entertain yourself.

—JUNO DEMELO



WATCH THIS
Never a dull moment on *Modern Family*.



NOT THAT
Oh good, Congress is taking another three-hour break!

COSMO WANTS YOU!

Are you totally loving your digital edition of Cosmo? Is there anything you don't like or want to see more of? Now's your chance to tell us how you feel. Take the survey—it's quick and easy, we promise!

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TAMARA SCHLESINGER



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NEW YEAR... EVEN HOTTER YOU. MAKE 2015 YOUR BEST YEAR YET! SKIP THE RESOLUTIONS AND PLAY UP YOUR NATURAL STRENGTHS AND BEAUTY FOR A BRIGHT, HEALTHY FUTURE THAT'S ALL ABOUT Y-O-U.

What's Sexy for January

Bodysuit, Lisa Marie Fernandez. **Rings** *(on right ring finger)*, Cameron's own. **All other jewelry**, Repossi

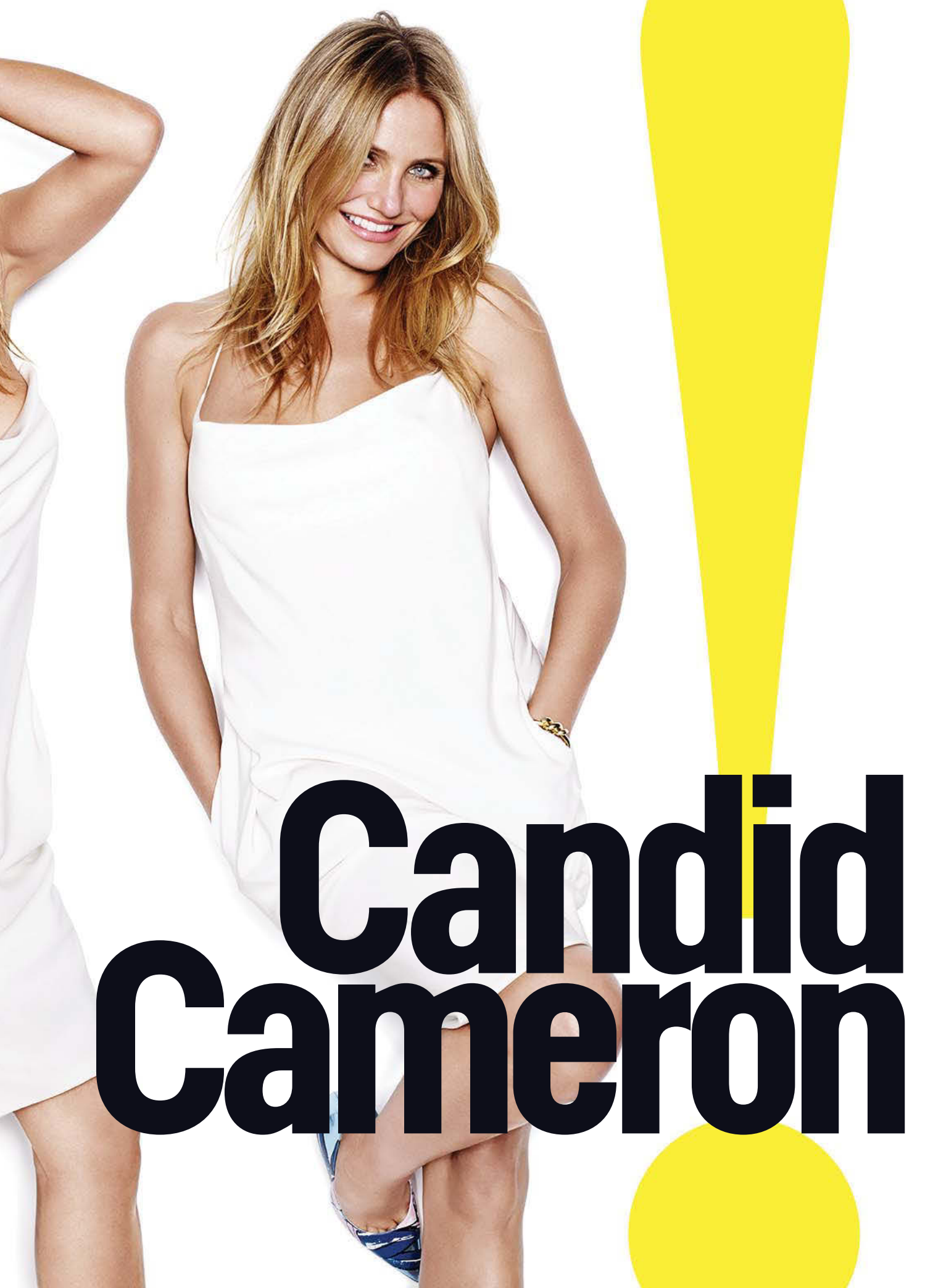
PHOTOGRAPHED BY MATTHIAS VRIENS-MCGRATH. FASHION DIRECTOR: AYA KANAI. HAIR: CHRIS MCMILLAN FOR LIVING PROOF AT SOLO ARTISTS. MAKEUP: GENEVIEVE FOR LANCÔME. MANICURE: APRIL FOREMAN AT THE WALL GROUP USING CHANEL. PRODUCER: MICHELLE HYNEK FOR FIRST SHOT PRODUCTIONS. SEE PAGE 140 FOR SHOPPING INFORMATION.

Dress, Calvin Klein Collection. **Shoes**, Dior. **Rings** (on right ring finger, worn throughout), Cameron's own. **All other jewelry**, David Webb



REALLY, SHE NEEDS NO INTRODUCTION. CAMERON DIAZ IS EVERYTHING. HERE, THE ULTIMATE COSMO GIRL SERVES UP KILLER LIFE-COACH-STYLE REALNESS—YOU KNOW, IN CASE THE WHOLE ACTOR/AUTHOR THING SOMEHOW FIZZLES OUT.

written by
Lauren Bans
photographed by
Matthias Vriens-McGrath
fashion director
Aya Kanai



Candid Cameron

APPROXIMATELY 22 MINUTES AFTER I SIT DOWN FOR COFFEE WITH CAMERON DIAZ, SHE'S TEACHING ME HOW TO, ER, STAY REGULAR.



BEAUTY TIP

Get Cameron's lit-from-within look with an illuminating skin primer like **Lancôme** La Base Pro Hydra Glow, $40.

We're tucked away at a corner table at one of the more nondescript West Hollywood hotels. "Don't tell anyone about this place!" she pleaded when we sat down. Now she's deep into a soliloquy on the digestive tract, mine in particular. "First thing in the morning, you have to drink this much water," Diaz instructs, holding up a wine bottle–size canister of H_2O that she carries at all times. "Don't put any food in your belly first though," she warns. "Just the water, then you do a little"—here, Diaz wiggles in her chair—"and, whoosh, it just pushes it all out."

You can thank Diaz's grandma for the actress's potty-related candor. "*Mi abuela* used to take my sister and me into the bathroom," Diaz remembers. "One of us would sit with her on the edge of the bathtub and hang out until the one on the toilet went poop, and then we'd switch. It was very important to her that we excrete." The lesson stuck. Diaz has never been bashful about the body. She's the kind of lady you wish you had around when your tampon jumps out of your bag in a busy bistro or the night you accidentally fart in front of a new guy. *Wish* is the operative word. Because despite Diaz's no-subject-is-off-limits gal-pal vibe, the truth is she's a bona fide megastar. In 2014, she was among the highest paid actresses in Hollywood, pulling in $18 million, on par with the likes of Angelina Jolie. Yet it's hard to imagine talking BMs and BJs with Jolie. Stars of a certain caliber are typically rehearsed, almost to the point of droid-dom. But Diaz has remained candid, TMI-ing the entire span of her 20-years-and-counting film career. (Note: Jennifer Lawrence clearly

studied at the Diaz school of celebrity.)

This willingness to be both ballsy and bawdy has fed many of Diaz's recent career moves, including female-driven hits like *Bad Teacher* and *The Other Woman*. She was delighted when her money-grubbing, pot-smoking bad teacher turned out to be awesomely irredeemable. "I loved how she never apologizes. When I was reading the script and I got to the last few pages, I was like, if she all of a sudden comes around and says 'I see my bad ways,' I will throw this script out the window." While she's clearly drawn to playing irreverent bad girls willing to monetize their sex appeal, that's not the case in real life. Diaz mentions a time back when she was presented the opportunity to be arm candy for ridiculously wealthy men. "Any guy with a lot of money can sit at a tableful of 10 girls and pay for it all. Those girls might think that the meal is free. But for me, sitting at that table costs me something," she says, choosing her words carefully, "because people then think I might be doing more for that man than just being company for him at that table. My mother always told me, 'Nothing is free.'"

The actress's signature accessibility hit a new high a year ago with the publication of her best-selling debut, *The Body Book*, in which she enthusiastically offers up her opinions on everything from Taco Bell to waxing one's pubic hair entirely. We now know that she is staunchly against the latter. As a guest on *The Graham Norton Show* last spring, she bent forward, hovering her face over her lap, to praise her nether thatch. She's fantastically frank about sex as well. "It's like pooping," she says. "It's something healthy that we need to be doing for many different reasons." It's possible that we know more about the human being (and body) that is Cameron Diaz than we've ever known about any famous person in the history of, well, famous people.

There's a lot to know too. Diaz is happy to share her wisdom from decades of dating stars like Matt Dillon, Jared Leto, Justin Timberlake, and baseball's A-Rod. "Here's the thing," she talk-whispers over her iced coffee. "You make the same mistake over and over again until you learn your lesson. We girls sometimes do the thing where we pick the same person over and over again—they look and seem different, but deep down, they're the same. And that's on us. That's our issue to deal with." So what's a good relationship in Diaz's eyes? It would seem she's currently in a great one with Benji Madden, he of '90s pop-punk band Good Charlotte. She neither confirms nor denies recent reports of an upcoming wedding (sparked by Diaz flaunting a shiny new ring). "You have to find someone in the same place as you are," she stresses. "Timing is everything. Most relationships that people get in when they're young, the girls are like 'I wanna get married!' and the guys are like 'Maybe someday....' If you get into a relationship where you want something the guy doesn't want, it's never gonna work. You're never going to get him to be in that place. No matter how old you are, finding the guy who's in the same place as you are and wants to show up is the only way a relationship works, period."

At 42, Diaz has found her happy place. "I'm comfortable just being who I am," she says simply. And despite all that's said about the lack of roles for women her age in Hollywood, she's found some doozies. Like the one "where I'm in roller skates trying to have sex with my husband and his dick won't get hard," which is, delightfully, how she describes *Sex Tape*.

In this month's *Annie* remake, Diaz faced one of her worst fears, second only to "dangling off the Empire State Building"—that is, singing: "It was the most terrifying thing I've ever done in a movie. I cried a lot." Her Miss Hannigan is a failed pop star who collects foster kids to pay the bills. "She's bitter because her chance at fame was stolen, and all she can taste is that taste," Diaz says, "which is very much in line with this day and age. People determine your value by how many friends you have on Facebook or if you're Instagram famous."

Diaz herself recently quit all that. She hasn't tweeted or Instagrammed since September. "I just decided that this doesn't feel good to me. Why would I want to take time out of what I'm doing to tell people I'm doing it? I'm gonna be there, in the moment." Pressed further, Diaz theorizes, "I think social media is a crazy-ass experiment on society. The way people use it to get validation from a bunch of strangers is dangerous. What's the point?"

Admittedly, her new stance on social media is a departure from the "share all" Diaz we've grown accustomed to. But fret not, Diaz is currently at work on a follow-up to her much applauded *Body Book*, which will surely contain more of her key insights and overshares. And should you ever find yourself at lunch with the actress, you can bet she'll have #NoFilter. ■

Cameron 101

1 SWEAT DAILY
"You have to just do it. Once you commit and really put in the effort your body goes, 'Oh, it's not okay to be without this.' People say, 'My body rejects exercise.' No, it doesn't. Your *mind* rejects exercise."

2 TREAT YOURSELF
"Well-being is an equation. Remember, you don't have to have the whole cake, you can have a piece. Don't deprive yourself. Have fun. Just be self-aware. If your equation is 80 percent good, 20 percent bad most of the time, then a little movement toward the center isn't going to affect you much."

3 GET YOUR SLEEP ON
"When I was filming *Annie*, I caught a chest cold so I came home right after work and slept as long as I could. Usually, I'd be waking up early to jump around for 20 minutes but my body was saying, 'Sleep so you don't get pneumonia.' It's the best thing."



Cameron's The Body Book has all the knowledge on hot and healthy living.

Top, Narciso Rodriguez. **Pants**, Sportmax. **Belt**, Charvet. **Necklace**, Coléoptère

HAIR: CHRIS MCMILLIAN FOR LIVING PROOF AT SOLO ARTISTS. MAKEUP: GENEVIEVE FOR LANCÔME. MANICURE: APRIL FOREMAN AT THE WALL GROUP USING CHANEL. PRODUCTION: MICHELLE HYNEK FOR FIRST SHOT PRODUCTIONS. SEE PAGE 140 FOR SHOPPING INFORMATION.

GO WHERE THE NIGHT TAKES YOU



PHOTOGRAPHED BY MARCUS MAM

FASHION EDITOR: JAMES WORTHINGTON DEMOLET

Top, **shirt**, **skirt**, Valentino. **Mask**, Erickson Beamon. **Ring**, Maison Martin Margiela Heritage Fine Jewelry Collection



KEEP THINGS CLASSY THIS NEW YEAR'S. IN FRINGE, CHIFFON, SEQUINS, AND LACE, NICKELODEON-TURNED-MTV STAR VICTORIA JUSTICE (HER NEW SHOW, *EYE CANDY*, DEBUTS JANUARY 12) TAKES THE PRESSURE OFF WHAT TO WEAR FOR THE BIG BALL DROP. HERE'S TO A 2015 THAT'S NOTHING SHORT OF *VICTORIOUS*—WINK!

PRIMP TO WIN

Dress, Boss. **Clutch**, Reece Hudson. **Necklace, bracelet**, Jennifer Fisher. **Cuff**, Michelle Campbell. **Ring**, Saskia Diez. *(On him)* **Jacket, shirt**, Public School. **Pants**, Neil Barrett. **Tie**, Calvin Klein. **Shoes**, Converse Chuck Taylor All Star. **Mask**, New York Vintage Inc.



LUCKY STARS

Sweatshirt, Marc Jacobs. **Skirt**, DKNY. **Shoes**, Schutz. **Stole**, Charlotte Simone. **Mask**, New York Vintage Inc. **Rings** ***(on left hand)***, Saskia Diez; ***(on right hand)*** Maison Martin Margiela Heritage Fine Jewelry Collection. ***(On him)*** **Jacket**, **shirt**, **pants**, Calvin Klein Collection. **Shoes**, Common Projects



TUX BE A LADY
Jacket, **pants**, Boss. **Clutch**, Giuseppe Zanotti Design. **Necklace**, Eddie Borgo

BEAUTY TIP
THE ULTIMATE NYE ACCESSORY? A SHINY, BOUNCY BLOWOUT. FOR LUSH RESULTS, PREP STRANDS WITH **PANTENE** PRO-V FULL AND STRONG SHAMPOO AND FULL AND STRONG FLEXIBLE CONDITIONER, $4 EACH.

TIME OUT WITH VICTORIA



NIGHT MOVES "*Eye Candy* is completely different from anything I've done before. There's a lot of romance. I actually filmed my first-ever love scene. I've been on Nickelodeon for so long, where the kisses are totally PG—no tongue, just a peck—so I was like, 'Finally, I get to do this!'"

PARTY OF TWO "A lot of guys in L.A. are all about the scene. I'm really grateful that my boyfriend [actor Pierson Fode] is the total opposite of that. He's a complete homebody, like me—we'd rather cuddle in bed and watch *Shark Tank*."

STOP-THE-CLOCK STYLE "For New Year's, I'm a leather pants, glittery top, leather jacket kind of girl."

DEAL BREAKERS "I could never date someone who's a party animal, going out all the time, drinking, doing drugs. That's not my thing. Don't get me wrong, I love to go out and dance the night away, but I'm very focused on my career."



BEAUTY TIP

RING IN THE NEW YEAR WITH A SUPER-SEXY POUT. TRY **TOM FORD** LIPS AND BOYS IN DIDIER, $32, THE PERFECT BRICK-RED SHADE.

LET'S GET WAISTED

Dress, **belt**, Marc by Marc Jacobs. **Arm cuff**, Michelle Campbell. **Bracelets** ***(on left arm)***, **spike bracelet**, Pamela Love; **spine bracelets**, Shaun Leane; ***(on right arm, from top)*** Pamela Love, Jennifer Fisher. **Rings** ***(on left hand)***, Bare Collection for Hatch Jewelry; ***(on right hand)*** Michelle Campbell



SWING STATE

Dress, Camilla and Marc. **Shoes**, Brian Atwood. **Clutch**, Kotur. **Bracelet**, Lele Sadoughi. *(On him)* **Jacket**, **pants**, Neil Barrett. **T-shirt**, Lucio Castro. **Shoes**, Common Projects. **Mask**, New York Vintage Inc.



ULTRA VIOLET

Coat, Michael Kors. **Dress**, Jill Stuart. **Necklace**, Sarah Magid Jewelry

HAIR: Nicolas Eldin at Art Department using R+Co. **MAKEUP:** Kristin Gallegos at the Wall Group using Charlotte Tillbury. **MANICURE:** Julie Kandalec at Paintbox using Chanel Le Vernis. **MALE MODEL:** Tucker/ReQuest Model MGMT. **LOCATION:** Weylin B. Seymours. See page 140 for shopping information.



UGH, I WISH I COULD...

Wake Up Hotter

You know that confidence you have when you head out for the night? Funny how it takes a nosedive when you're waking up next to someone. We have strategies for feeling and looking gorge after a sleepover—whether he's a hookup or your long-term bae.

BY MARTA TOPRAN

YOUR SLEEPOVER STATUS

RANDOM HOOKUP

MAKEUP YOU CAN SLEEP IN: Leave your cosmetics bag at home—these budge-proof finds require zero reapplication the a.m. after.



Battle a.m. smudges with this 24-hour, waterproof wand.

Lancôme Hypnôse Star 24-Hour Waterproof, $28.50

Sleep easy in this skin-perfecting base.

BareMinerals Pure Transformation Night Treatment in Tan, $60

Sweat-proof: It ensures no mid-sex meltdowns.

Estée Lauder Double Wear Stay-in-Place Flawless Wear Concealer, $24

This one lasts past next-day brunch.

Too Faced Bulletproof 24-Hour Eyeliner in Ooh & Aah, $22

Cream shadow trumps powder in the longevity department.

Dolce & Gabbana Perfect Mono Intense Cream Eye Color in Dahlia, $36

Liquid tints give you a sexy stain that stays put for hours.

Dior Cheek & Lip Glow, $37

Sex-Hair Hacks

FRIZZ PRONE? Pull strands into a low side braid—it prevents ends from rubbing on sheets and getting puffy.

LOVE VOLUME? Twist it into a knot at the very top of your head before passing out, then unravel it before he awakes for crazy body.

HAVE SHORT HAIR? Rein in rooster hair in the a.m. by wetting it and slicking it back (a huge trend right now).

Post-Hookup Skin Savers

Hookups are hot—until you wake up with one of these issues! Your guide to sexier post-action skin.

BEARD BURN Technically, it's called irritant contact dermatitis, says dermatologist Mona Gohara, MD. Use a pea-size drop of an OTC cortisone cream to soothe it, and next time, try moisturizing pre-makeout.

CHAPPED LIPS Sucking face literally sucks the water right out of your lips, says Dr. Gohara. Take a double-layered approach to quench them. Apply a hyaluronic-acid-rich lip balm (like Fresh Sugar Advanced Therapy Lip Treatment, $25), then lock in moisture with petroleum jelly.

BREAKOUTS Wash your face ASAP with a salicylic acid cleanser (like Neutrogena Oil-Free Acne Wash Pink Grapefruit, $8) to dissolve oils, and apply a spot treatment (like Olay Fresh Effects Clear Skin 2-in-1 Salicylic Acid Acne Spot Treatment, $7) on any noticeable zits.

HICKEYS If your guy gave you an accidental (we hope!) hickey, press an ice cube onto it as soon as you can—it helps constrict the blood vessels, making it less noticeable. Rubbing the area can also help disperse the blood, says Dr. Gohara.

ROSACEA Sex ups your heart rate, causing blood vessels to dilate, which can spark a flare-up. Post-sex, cool down with a thermal mineral water spray (like Avène Thermal Spring Water, $12.50)—it calms inflammation.

POP THESE IN YOUR PURSE → COTTON SWABS • HAIR TIE • COMPACT • BRUSH • LIP BALM • CONDOMS

OPPOSITE PAGE: GETTY IMAGES; **BEN GOLDSTEIN/STUDIO D.**

YOUR SLEEPOVER STATUS

OFFICIALLY DATING

STASH THESE AT HIS PLACE: Don't go all *How to Lose a Guy in 10 Days* on your man. These are all you really need to keep at his place.



A built-in case helps shield your brush from a guy's gross sink area.

VioLife Slim Sonic Electric Toothbrush, $15

This easy, lightweight formula balances skin day and night.

Kora Organics Soothing Day and Night Cream, $64

Don't steal his razor: You could give him ingrowns (not cute).

Venus Snap With Embrace, $10

That 2-in-1 he has won't cut it for hydrating your longer locks.

R+Co Gemstone Color Conditioner, $25

This dissolves dirt, oil, and ultra-waterproof makeup.

Bliss Fabulous Makeup Melt Gel-to-Oil Cleanser, $28

Packed with 17 necessities (!), this kit solves most beauty emergencies.

Pinch Provisions Sweetheart Mini-mergency Kit, $16

Worthy Wake-Up Call Investments

LASH EXTENSIONS
One by one, a professional glues individual false lashes to the base of each of your natural hairs—almost doubling their thickness and length—so you wake up with sexier eyes for about six weeks. (The damage: $100 to $300.)

BROW TINTING
A gentle tint dyes barely-there baby hairs (we all have them in and surrounding our brows) to naturally define arches for around a month. Hit up one of Benefit's brow bars (benefitcosmetics.com for locations) for a $20 dye job.

KERATIN TREATMENTS
If you're not into waking up with wacky bedhead, consider a keratin treatment. It smooths the outer layer of each strand, cutting down on tangles and frizz for up to three months. If you don't want to shell out the on-average $200, you can just spot-treat frizz-prone areas, like bangs or your hairline, for cheaper.

SPRAY TAN
Not only does a faux glow help even out your skin tone and create the illusion of a leaner look, it also masks tiny imperfections, like veins and minor cellulite, for just $30 and up.

BEN GOLDSTEIN/STUDIO D, GETTY IMAGES.



Your Body on Bad Sleep

Are you getting enough zzz's? Your body naturally regenerates itself at night—cut into that time too often and, according to Dr. Gohara, you'll see these clues that you need more sleep....

DULLNESS Lack of sleep reduces your skin's natural moisture barrier, leaving your skin dry and flaky.

FINE LINES When you sleep, your body releases melatonin, a natural antioxidant. Get too little and there aren't enough antioxidants to help fight off wrinkle-causing free radicals.

BREAKOUTS Stress hormones, like cortisol, skyrocket when you're tired. They increase inflammation, provoking pimples to appear.

PUFFY EYES As cortisol levels increase, your body also retains water. Since your eyelid skin is the thinnest on your body, it's most obvious there.

EXTRA POUNDS Sleep deprivation causes your body to release too much ghrelin, a hormone that makes you hungry and simultaneously causes it not to create enough leptin, a hormone that tells us we're full—double whammy!



YOUR SLEEPOVER STATUS

LONG-TERM RELATIONSHIP

SEXY PRE-BED RITUALS: The beauty equivalent of a new lace bra and undies, these will spice up a night in with your man.



Ultrafine pearls in this cream give you a natural-looking glow.
Bobbi Brown Extra Illuminating Moisture Balm, $63

Channel Marilyn and wear nothing but this lush body cream to bed.
Chanel Coco Noir Body Cream, $80

Rub this in post-shower for dewy, jasmine-scented stems.
Dior J'adore Body Oil, $55

Your Snapchats just got hotter, thanks to this BB for your body.
Urban Decay Naked Skin Body Beauty Balm, $32

Sandalwood and vanilla give this oil a sultry vibe.
Elizabeth and James Nirvana Black Perfume Oil, $35

When melted, the wax doubles as a scented massage oil.
Krigler Manhattan Rose 44 Scented Candle, $75

6 Easy Ways to Get Better Sleep

Sleep expert Nancy H. Rothstein on how to make it count, whether you're getting five hours or eight

HAVE A CAFFEINE CUTOFF
Caffeine stays in your body for around eight hours, so have your last D.C. or coffee around 3 p.m.

EXERCISE EARLIER
Working out at night is fine—as long as you build in three hours for your body to calm down post-workout.

LOOK OUT FOR LIQUIDS
When you sleep, your body puts your bladder on pause. If you must get up to pee, you're overhydrating—stop liquids an hour before bed.

TAKE A TECH BREAK
The blue light from your phone, tablet, and TV inhibits the hormone that helps us sleep. Half an hour before bed, set your alarm, then don't check your phone again.

CHILL OUT—LITERALLY
Your body temp falls as you sleep, so set your thermostat lower than usual, around 65 degrees.

SKIP THE SNOOZE BUTTON
Snooze sleep is bad sleep. Buy yourself quality sleep by setting your alarm for when you need to get up. Keep it across the room (so you have to walk to turn it off).

SNEAKY PRODUCTS THAT WORK WHILE YOU SLEEP

These stealthy, invisible treatments work as you snooze.

BEST FOR...

A Golden Glow
James Read Sleep Mask Tan Face, $43

A Moisture Boost
Fresh Black Tea Firming Overnight Mask, $88

More-Sculpted Features
Clinique Repairwear Sculpting Night Cream, $65



BEN GOLDSTEIN/STUDIO D. OPPOSITE PAGE: GETTY IMAGES. SEE PAGE 140 FOR SHOPPING INFORMATION.



~~*Cats & Abs Mini-Poster!*~*~*

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LOVE LUST & OTHER STUFF

EDITED BY MARINA KHIDEKEL



the cosmo guide to

GIRL ON TOP

It's our favorite position—in bed, at work, and in life. Why do it lying down when you can hop on top and take control? Grabbing hold of the randy reins may just be the key to your next greatest orgasm.

BY ANNA BRESLAW

MOSUNO/STOCKSY

Classic MISSIONARY and SPOON SEX are the lazy girl's best friends—you're tired after Bikram, WE GET IT. But #RealTalk, sometimes being on the bottom isn't best for your ORGASM. !!!



Studies have found that about 25 percent of women can come in any variation of guy-on-top. But three out of four girls at brunch agree: Cowgirl is seriously bomb. Not only will you O easier (and, dude, will you *ever*), but you'll feel (and look) like a boss goddess. Girl-on-top is empowering, orgasmic, assertive, orgasmic, and...did we mention orgasmic?

Unlike guys' orgasms during penetration, yours are less about going straight down to Poundtown and more about how much love your clitoris gets. The ideal body position is any in which his upper pelvis rubs against your pleasure button. "Many women find it's easiest to get just the right clitoral alignment in cowgirl," says sex therapist Stephen Snyder, MD, who has counseled hundreds of couples on their bedroom boogie. Once you're in position, you also need the right pressure and rhythm to get there. And when you're on top, you can make it happen for yourself. After all, you have more freedom to grind against your partner—or reach down and touch yourself—when you're on top than when you're lying on your back daydreaming about Prince Harry.

Taking charge and getting in the saddle has literally changed women's sex lives. "I orgasm easiest when I'm on top," says Caroline, 27. "I can control the rhythm or say 'Stop moving' to my boyfriend. He's happy to oblige," she laughs. (Not that it matters, but according to a nationwide *Esquire* survey, woman-on-top was guys' fave position—more on that later.) If you're feeling lazy, riding him doesn't have to be a workout. Just ask Zoe, 26, another girl-on-top superfan: "If I get tired, he bends his legs and thrusts into me and I just get to hang out and concentrate on my orgasm...which is perfect."

If your Os have been lackluster (or worse, missing) it's time to lasso those suckers. Woman-on-top shows him (and reminds you) that you know what you want and you aren't afraid to go for it. So go do it. In your bed. On your couch. On your grandma's rocking chair. Just get on top. You won't regret it.

80% OF US NEED CLITORAL LOVE TO ORGASM. IT HELPS IF YOU'RE ON TOP!

YOUR MOST MIND-BLOWING COWGIRL EVER

Girl-on-top is one badass position—with many wild variations. So use the whole buffalo: Here's how to get the (screaming, panting, moaning) most out of girl-on-top.



GIRL-ON-TOP UPGRADE
Clit not getting enough satisfaction? Slip on a handy finger vibe, like the PicoBong IPO ($45, thepleasurechest.com), and do you.

Defy Sexpectations
No need to bounce up and down at top speed (just because that's how he gets himself off when he's late for work). Switch it up with long, slow thrusts.

Raunchy Rodeo
Take breaks from the in-and-out action and circle your hips against him (slow figure eights never hurt anyone), so your clitoris gets some love against his pubic bone.

The Grind
Got Anna Kournikova quads? Spread your legs, brace yourself against his chest, and bend your knees up and down to grind on him. Your sexy split = deeper penetration.

Do the Rockaway
In reverse-cowgirl, lean backward (instead of forward toward his feet). It's a primo G-spot angle (for you)—and the illusion of a Kardashi-ass (for him).

Lusty Lift
Give yourself a break (and him a treat) by letting him control the action. Lean forward, and have him grab you by the waist or under your bum and lift you up and down onto him.

Face, Meet Boobs
Have your fave ~~sex object~~ human sit in a chair, and straddle him. You get face-to-face contact and clit friction; he gets personal with your ass and *breastesses*.

Pressure Cooker
Reverse-ride him with your legs straight in front of you. Clenching your core activates the nerves you need to come. (They call it a tension orgasm. Or magic.)

MOSUNO/STOCKSY. STATISTIC SOURCE: *OBSTETRICS AND GYNECOLOGY CLINICS OF NORTH AMERICA*, 2008.



GIRL-ON-TOP UPGRADE
Arching your back during classic cowgirl gives you a great G-spot angle and him a view of your whole sexy shebang. Warning: This is known to push guys over the edge.

GIRL-ON-TOP UPGRADE
Reach down and cup his balls like you're feeling plums at Whole Foods. Working his boys will make his finish feel even bigger.



Even Cowgirls Get the Blues

He's too big? You're too tall? Never fear: Every straddling snafu has a solution.

I'm a tiny nymph who is cowgirling Paul Bunyan. Instead of looking into his eyes, I'm staring directly into his...nipples. What to do?

Change it up and move the action onto the couch—he sits, you ride, and suddenly, the 3 feet he has on you is all evened out.

I have killer curves and he's a skinny-jeans hipster. Am I crushing him?

Cowgirl is the perfect way to bang a diminutive dude. After you've mounted your stallion (or... your virile mini-horse), put one leg on the floor next to the bed so he's not supporting your whole body. Then go right to town.

I've kind of skipped the gym—for my whole life. So, um... what about #Endurance Problems?

Take steamy horizontal breaks by lowering your chest onto his body and keeping the action going by moving your butt up and down. Snap back upright Beyoncé-style once you catch your breath.

He has a supersize peen! Help!

If you're already lubing up (please say you are), just take as much of him as you can handle. The outer third of a woman's vagina is the most sensitive, and he'll like the shallow thrusting because it works the head of his penis.

He...doesn't have a supersize peen! Help!

Count your blessings that he doesn't have a Subway footlong in his boxers, which can make leaning forward during girl-on-top uncomfortable. You can (and should!) lean forward and grind your clit against him.

How should I be moving my hips?

Experiment like a mad sex scientist! Try clockwise circles, counterclockwise circles, all the letters of the alphabet. As you do, pay attention to what rings your bell.

What if I'm not coordinated enough to spin around from cowgirl to reverse-cowgirl?

The most foolproof way to pull this off is to make sure you're low enough on him so that he doesn't slip out when you spin. But if this isn't in your bag of tricks, chill: We're not all Cirque du Soleil–trained porn stars. Just break and switch positions.

I have great abs but don't love my boobs. He'll have a perfect view of all my imperfections.

If he's worth riding, he loves your body. Says one dude: "You're worried I'll have anything but a positive reaction to boobs in my face? Girl, you crazy."

WHY GUYS LOVE A GIRL ON TOP

As if you needed even more encouragement... guys reveal why woman-on-top is the ish.

"It's a turn-on when she's getting herself off—like if she's rocking in a specific way she likes." —ZACH K., 27

"When a girl reaches down and touches herself, holy sh*t. I have to try not to finish too fast." —BLAKE L., 27

"I love it when a girl pushes on your chest for leverage and really rides the full length of you." —FRANK K., 26

"It's hottest when I'm sitting up and we look into each other's eyes." —TONY S., 25

"Nothing's sexier than a woman in control." —NATE H., 24

MOSUNO/STOCKSY

MY CRAZY, TWISTED ONLINE LOVE



Laura Barcella thought she'd fallen in love with a man she'd never met IRL. It took her months to realize that her deeply intense internet romance was more illusion than reality.

photo illustration by Sean Mosher-Smith

"Dear Laura, thanks for the excellent, disheartening essay you wrote about sober dating," an articulate stranger named Eli (not his real name) typed in an e-mail to me. This wasn't the first time a random lonely heart had reached out about my writing. But this time was different: I wrote back.

Within days of that first message from Eli—whom I'd promptly Google-stalked and happily discovered was gorgeous—we were e-mailing constantly, sharing both day-to-day minutiae ("here's a sexy picture of my omelet!") and our darkest fears ("I'm scared of dying alone"). He lived in Canada. I was in California. He was a few years younger, but we had a ridiculous number of things in common. Soon we were texting all day. Then we added hours-long phone calls into the mix.

Within a month, the tone of our exchanges changed from flirty to outright romantic. "Marry me," he texted back when I mentioned my decade-long obsession with Britney Spears. His missives became the sunny spots in my otherwise *meh* existence. I probably knew on a rational level that a romantic future between us wasn't likely—he lived in another country, for god's sake—I was more than willing to delude myself. I'd been unhappily single for six years, but not for lack of trying. I'd done it all—internet dating, speed dating, blind setups. My romantic efforts never seemed to take, whether they were disappointing dates or go-nowhere three-month blips masquerading as relationships. I wanted this intense stranger who found *me* to be different—to be, against all odds, the one. So I pinned all my hopes on him.

The result wasn't pretty. I began constantly strategizing, trying to untangle the mixed signals he was sending. While he wrote that I was "incredibly beautiful" and opined about our being together one day, he also mentioned ogling women on the street and repeatedly dropped just enough details about a very present ex he was "still affectionate" with to make my body clench with resentment each time he'd say her name.

All that lovesick indignation bubbled to the surface...and not just on my end. He'd get jealous when I mentioned anyone male, demanding to know whether I'd "met someone else." But



then he'd turn around and publicly flirt with other women on Twitter. My spite ballooned to the point that I created a fake Twitter account as a hot, fictitious hipster guy to flirt with myself in the hopes of making Eli jealous. (It worked!)

Our melodramatic fights, frequent bouts of "taking space," and circular conversations analyzing our constantly wounded feelings were driving us both insane. Nearly every night, I struggled to sleep. In the morning, I'd wake to my stomach in knots, anticipating what exciting/excruciating situation might arise with Eli that day. I felt so wracked with perma-anxiety that I couldn't concentrate at work. My doctor wrote me a prescription for the anti-anxiety drug Ativan. My best friend said she'd never seen me as wound up, as *disturbed*, about a guy before.

She was right. I'd break down crying at the grocery store, while walking my dog, during exercise class, wherever. Any hint of an unrequited-love undercurrent in a cheesy pop song would do me in (Demi Lovato's "Give Your Heart a Break" was a frequent offender). I'd spend the entirety of my workday mentally AWOL. I was a disaster; I felt nothing like myself.

Every few weeks, I would oh-so-casually mention getting together IRL. But Eli was hesitant, and it took four months before I could finally convince him (he had never met anyone from the internet before and said he was shy). Of course, I was freaked out too. The idea of our experiencing the drawn-out equivalent of an awkward internet date made my stomach lurch. Still, I pushed back the start date of a new job so we could rendezvous halfway between our cities. I booked separate hotel rooms, but we ended up sharing mine. When I saw him for the first time, my heart lilted toward my throat. "You're real," I blurted, thrilled to discover that his eyes were as gorgeously green in person as they were on Skype.

We roamed the city, ate doughnuts, played boyfriend-and-girlfriend. In the bedroom, I had to make the first move, and our hookups were more awkward than incredible. Still, it felt amazing to be with him finally, but I knew the visit would be over in a blink. We did it again the next month. When the weekend was over, Eli kissed me passionately on the train platform, and then we each went home to our separate, single lives.

About a week later, he started acting distant. I asked why, and he texted, "I'm confused about where we stand, how I should act." When I mistook that to imply that he might be ready to try—*gasp!*—actual dating, he backpedaled: "I have feelings for you, but I'm just not equipped for a relationship right now, long-distance or otherwise." I was nauseous with embarrassment, and it dawned on me that I was chasing a ghost. Sure, it seemed as though we'd gotten close, but really, Eli was nothing but a confused, confusing vessel for me to project all my dizziest romantic fantasies onto. And he certainly wasn't living up to the dream I'd so desperately wanted him to fulfill.

I couldn't ignore my gut anymore. Eli kept showing me that he did not feel the way I wanted him to feel about me. He had no interest in a real romantic relationship. But I was so sucked in, I refused to see the red flags. Internet-based relationships are necessarily based on fantasy, not reality—of course people's hearts get broken when they're building up all these false ideas about some perfect faraway dream lover who doesn't exist in the way you want them to. Eli was not the kind of love I'd been waiting for—calm and steadfast, with someone who can support me, not rile me up and bring me down. That kind of love, I'll keep waiting for. ■

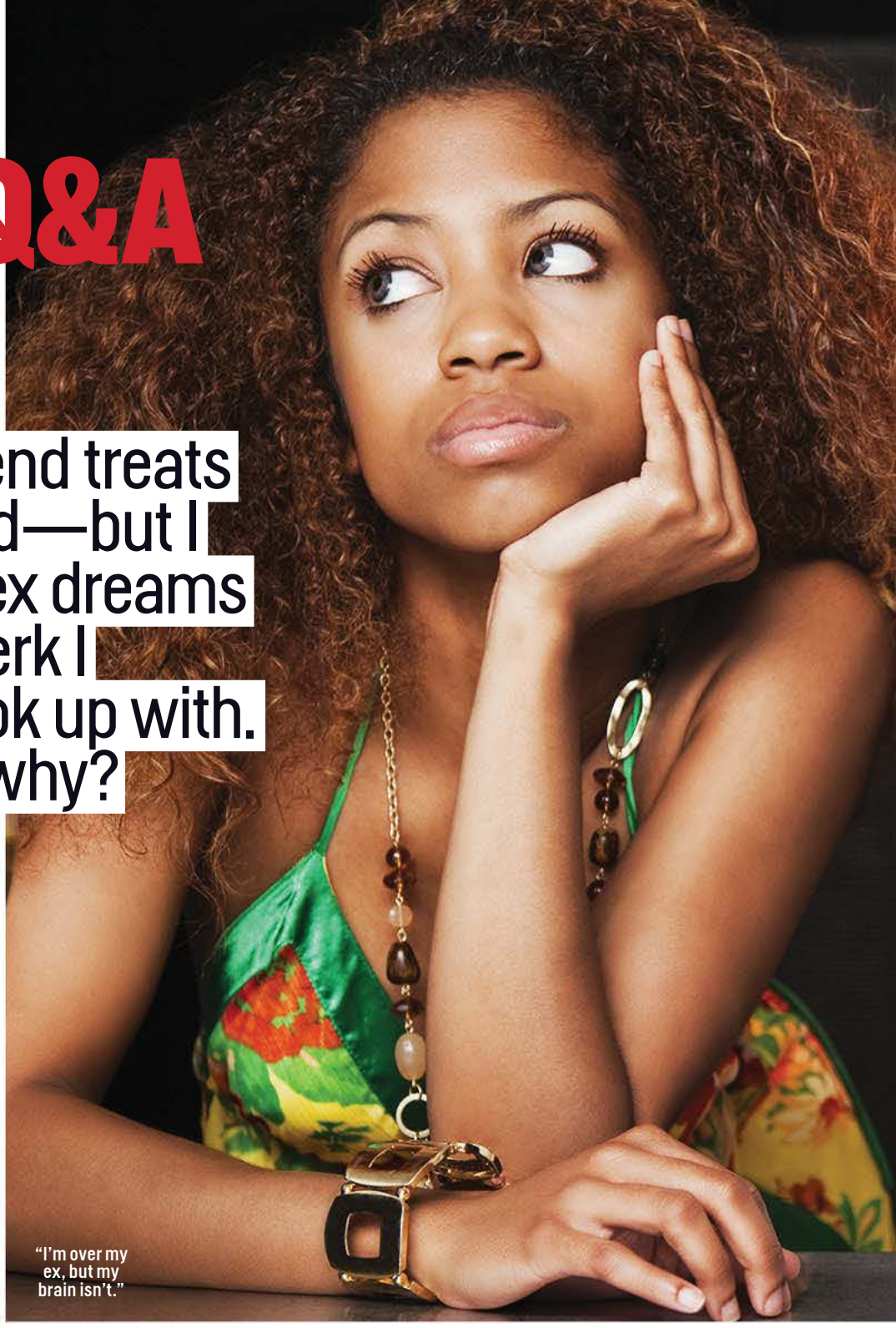
"YOU'RE REAL," I BLURTED, THRILLED TO DISCOVER THAT HIS EYES WERE AS GORGEOUSLY GREEN IN PERSON AS THEY WERE ON SKYPE.

THE PEOPLE IN THE PHOTO ARE PROFESSIONAL MODELS.

SEX Q&A

No-BS responses to questions you can only ask Cosmo

BY MICHELLE RUIZ



"I'm over my ex, but my brain isn't."

Q My boyfriend treats me like gold—but I still have sex dreams about the jerk I used to hook up with. Why, god, why?

A Just because a vile ex is haunting your dreams doesn't mean you have a jerk fetish. "Dreams are symbolic," says Madeleine Castellanos, MD, a psychiatrist specializing in sexuality. It may just mean there's some aspect of your sexual relationship with him that was exciting and that you miss, she says. If a jerk is sexing up your REM sleep cycle, some more forward behavior from your man might do it for you in the sack. To loosely quote Lil Jon, you may want a gentleman on the streets and a freak in the sheets. Have your BF channel his inner brute with a hot, rough sex session. A light spanking might banish those ex dreams (nightmares?).



Anna Paquin feels you.

Q I'm over people making jokes about my bisexuality, saying I can't pick a team or I'm really a lesbian. How can I shut it down?

A Anyone who's suggesting your bisexuality is just a phase is just plain ignorant—and deserves a smackdown. "It may seem like a joke to them, but what they're actually saying is that a part of your identity doesn't exist," says Camille Beredjick, communications associate for the Gay, Lesbian, and Straight Education Network. The quickest way to shut them up? "Tell them you have already picked a team," Beredjick says. "The bi team."

E-MAIL YOUR SEX QUESTIONS TO SEXQANDA@COSMOPOLITAN.COM.

Q So…naked pictures? What's the safest way to pull them off with my long-distance BF?



A The golden rule of naked pics is that there's absolutely nothing wrong with taking naked pics, whether as a turn-on for yourself or your BF (or both). But there is something *very* wrong with people who leak nude photos that were intended for their eyes only and hackers who steal nude photos from the cloud, whether the subject's name rhymes with Schmennifer Schlawrence or not. Do you trust your boyfriend is a stand-up guy who won't share your saucy snaps, but you're worried about your pics winding up in the hands of some evil phantom hacker? Tech experts recommend downloading an app like Threema ($1.99) or KeepSafe (free, each available at iTunes and Google Play)—both work for iOS and Android devices. They hide your pics behind a password that you can share with your BF so that once you send your saucy in-the-mirror butt selfies, they're better protected from snoops and the dark lords of the internet. And consider turning off the Photo Stream function on your iPhone—it automatically backs up pics to iCloud that hackers could try to penetrate. (As in, steal. Get your mind out of the gutter!)

Q My boyfriend is totally clueless when going downtown on me. How can I give him a quick lesson without bruising his ego?

A When a man is tending to your delicate flower, his ego can be a delicate flower too. Start with positive feedback, then segue to what you really want. Something like "Mmm, that feels so great. Could you go a little harder?" suggests clinical sexologist Deborah Caust, PhD. (Feel free to swap *harder* for *softer*, *faster*, or *slower*.) Cat got your tongue? Reach down and gently adjust the position of his face or hand. Once he gets it right, tell him to keep doing exactly what he's doing and to pretty much never stop. He'll be a pro in no time.

SEX TOY OF THE MONTH

What's the best sex toy for…$20 or less?



The Nice Pocket Toyfriend ($19.95, ThePleasureChest.com) is a sexy steal—easy on your wallet yet perfectly powerful on your clitoris. The vibrations are so OMG-worthy, you'd think they were coming from a toy that costs triple the price. And it's tiny enough (3.5 inches) to pop in your purse—because orgasms on the go should always be an option.

Q I masturbate a lot. Like, every day. Is there any medical reason why it's bad for me?

A As long as you're not so obsessed with masturbating that you're missing work to lock yourself in your room, blast the Divinyls "I Touch Myself," and get down with a feather tickler you've affectionately nicknamed Tim Riggins, then no. Touching yourself is actually good for your health. It relieves tension and releases the same endorphins that flow post-workout. "Masturbation can make you feel independent and empowered," says Doerthe Brueggmann, MD, an ob-gyn and cofounder of the online magazine *Health Goes Female*. Think of it as a hookup with someone fantastic. You!

Q I heard that breast implants leave your nipples desensitized. Is that true?

A *Breast* news ever: It's "extremely rare," according to Stephen Colen, MD, associate professor of plastic surgery at New York University Langone Medical Center. In fact, hypersensitivity or heightened sensation is more common, he says—roughly 20 percent of women experience that, whereas about 5 percent of women lose tingles. Either way, it happens because "when you make the pocket for the implant, you're pulling on some nerves that go to the nipple," says Dr. Colen. Most experts agree that within six months, even those who experience issues regain feeling. Your lifelong goal of attaining nipplegasm is still a go! ■

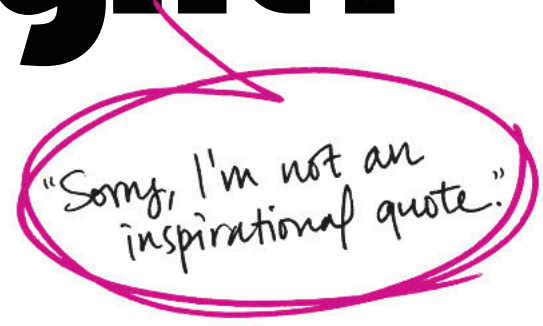
CLOCKWISE FROM TOP LEFT: JGI/JAMIE GRILL/BLEND; CARO VERCELLONE/THE LICENSING PROJECT; JON PATERSON/STUDIO D; JEFF KRAVITZ/FILMMAGIC.



"You think it's 'so amazing' that

I'm confident in bed at my weight?"

BY LAURA BECK



COURTESY SUBJECT

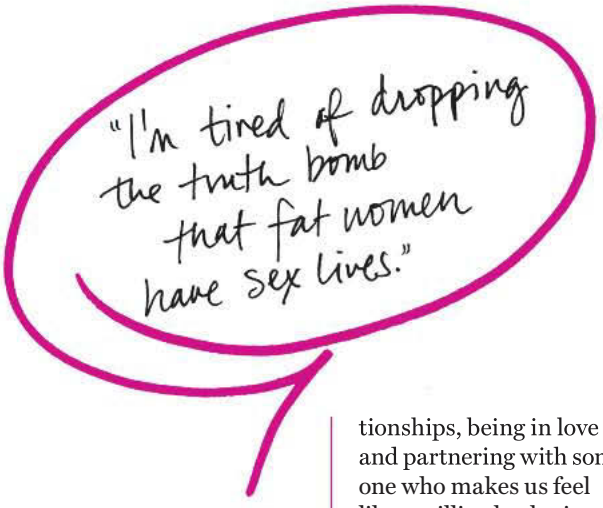
Recently,

I was having lunch with a woman—for our purposes, let's refer to her as Lame Former Friend (LFF)—who couldn't stop talking about the amount of sex she and her new boyfriend had the night before. We were at the Ivy in L.A., which is not a super-appropriate place to talk about doing the old do-si-do, so I didn't chime in with my own sexploits. But when LFF looked at me with concern and said, "I hope your sex life is just as fulfilling," I needed to set her straight. First of all, my sex life is awesome. My fiancé and I literally can't stop having sex. And second of all, you hope my sex life is just as fulfilling? I've been in a happy relationship for six years, which is, like, 28 years in millennial years. I hope your sex life is just as fulfilling two weeks from now. (And then I poked her to death with her own salad fork and that's why she's my former friend. Jk.) This happens often: I tell people I have a great sex life, and they give me this patronizing "You go, girl!" attitude. Why do people tend to reduce fat women's prowess in the sack to some generic "uplifting" quote ripped off a Pinterest board?

My (adorable, slim) fiancé and I (a confident size 18 to 22) are more than just sexually compatible, obviously—we get along in pretty much every way possible, and being with him made me realize that settling for anything less than true, deep love is bullshit. I wasn't always this confident. When I was younger, I thought being fat was the worst thing a person could be. I took diet pills and shied away from long-term relationships because I was ashamed of my body and didn't think I deserved love until I lost weight. It sounds silly now, but it took getting together with *Feyoncé* to realize I'm a total babe.

I met him when I was about 40 pounds thinner, and as I gained weight (ditching the pills, getting more comfortable with myself), he never once judged me or made me feel anything less than brilliant and lovely. I remember us taking some online quiz that asked if you would dump your partner if they gained 50 pounds, and he rolled his eyes like, "Oh, come on." He helped me understand that I am a beautiful badass, and people struggle with that because I happen to weigh more than the women we're taught are deserving of sex and love.

See, when I introduce him to people, I can almost feel their heads about to explode. Skinny man + fat woman? Does not compute! Brain melting! Or they assume he's a chubby chaser, rather than a secure guy who fell in love with a woman for who she is and doesn't mandate weekly weigh-ins. One woman I met at a party even asked, "So, how does that work?" I knew what she meant, but I wanted to make her sweat. I was like, "How does what work? Like, during tax time? Or when we're picking out curtains for our house? Or…?" When she clarified that she meant in the bedroom, I informed her that it works swimmingly. "Congratulations!" she exclaimed. Then she explained hastily, as if this was somehow a valid reason to act like I had won the lotto or cured Lou Gehrig's disease, that it was "awesome to see a bigger girl own her sexuality."



Uh, thanks? Would you ever give a girl a sad, doe-eyed Sarah McLachlan-in-ASPCA-commercials look and admire her for evading a pitiable sex life because she's thin? No. And I don't need people to look up to me as "someone who's made it work, against all odds! Now someone give that girl a slice of pie before she passes out."

I'm tired of dropping the truth bomb that fat women have sex lives. I know—mind-blowing. Fat women: We're just like you! With the added bonus that our entire bodies feel like boobs! Some of us are basically fatter versions of Samantha from *Sex and the City*, dangling from sex swings while banging an entire investment firm worth of fellas, and some of us have sex only under sheets on leap years while using seven condoms. But most of us, like most non-fat women, fall somewhere in between. We enjoy sex, relationships, being in love and partnering with someone who makes us feel like a million bucks, in and out of the sack. But especially in the sack, because sex is so damn good.

As for the actual mechanics of sex: Yes, fat women can be on top without crushing our partners. No, we don't run out of breath 10 seconds into doing the deed. Yes, some positions need to be modified depending on weight, but it's not the end of the world and it's not any different than it is for short people…or tall people. Sex—strike that, good sex—is always dependent on great communication between partners and figuring out your likes and dislikes. That's the same with fat-sex positions. Is your partner fat? Well, that might mean certain positions are off-limits. And it also means that certain positions are extra exciting! That's just science, baby!

Point being, I'm a fat woman who has lots of amazing sex, and I don't need you to pat me on the head or throw me a parade. I just need you to get out of my way so I can go hang out with my hot fiancé and have more **amazing sex.** ■

ASK HIM ANYTHING

LOVE ADVICE FROM OUR GUY GURU, LOGAN HILL



You're working hard; he's hardly working.

When my boyfriend and I go out, I pay for both of us. I work full-time, but he got kicked out of college and is now sitting on his ass. I'm losing my attraction to him—am I a snobby bitch/ the worst girlfriend ever?

A It sounds like your standards are too low: He's been sitting on his ass and leeching off your hard work? Of course that's a turn-off. You're not the worst girlfriend ever, but I'm sure you can be better, because it's hard to be a great girlfriend to a lame guy—and easy to lose your attraction when he acts like this. If he's been living on your couch for more than a month, maybe you should lose this loser altogether.

Q I really want to chop off my hair, but I'm worried my new manfriend won't think I look hot with a pixie. Should I consult him before I make any drastic hair decisions?

A There's nothing wrong with asking your guy what he thinks about a short cut, especially if you're feeling anxious about it. Just consider the source. Have you seen guys' hair? If it weren't for baseball hats, we would be utterly and totally lost. Have you seen our terrible goatees? Our trendy caveman beards? The patchy, adolescent stubble that we swear looks just like Jon Hamm's five-o'clock shadow? Men have no idea what to do with their own hair, so you really can't trust their opinion on yours. In addition to your guy, I'd ask a stylish hairdresser you like. Above all, go for the haircut that makes you happy. There's nothing as attractive as self-confidence.



Keep calm and pixie on, Kaley.

Q What's the coolest message to send a guy on Tinder to let him know you're interested?

A Let's get this straight: Trying to look cool while online dating is like trying to look dry while swimming. An online message can be skeezy, funny, frank, pathetic, or overeager, but in the dark fairy-tale forest of online dating, *cool* is a unicorn that's almost never seen...and usually disappears when you take a second look. The best, most badass thing you can do is to keep it simple. Say "hi," ask a question, perhaps about something he puts front and center in his profile pic, and see what he says. Don't kill yourself trying to craft the most creative, quirky message he's ever heard. That wouldn't be cool. If you end up meeting for drinks, you can dazzle him with your inherent coolness then.

SEND YOUR GUY-RELATED DILEMMA TO ASKHIMANYTHING@COSMOPOLITAN.COM.

Q My husband gets really jealous when I spend time with my gay BFF. I think he wants to be the only man in my life. How can I get him to lay off?

A Don't say, "Would you rather I hang out with a hot lesbian?" Taunting him with some flirtatious threat would only distract from what matters: his control-freaky (and possibly homophobic?) reaction to a friendship that means a lot to you. You should be able to hang out with whomever you choose, as much as you want—as long as you're not making eyes or making out. Remind your husband of all the things you do only with him...and tell him to please get over it.

Q A guy who I flirt with (but have never hooked up with) recently said to me: "My mom would love you." What does that mean?

A It's tempting to read into everything our crushes say. But most likely, you just said something that reminded him of his mom. If his mother is a Maleficent type, it could mean that he thinks you're a terrifying monster, but I bet it just means that he thinks you're nice.

Q My fiancé always calls himself fat, but he works out every day and eats healthy and he's not fat. I always tell him how good he looks, but he doesn't listen. Is there anything I can do to make him stop saying this?

A Body dysmorphia and eating disorders aren't only for women. About 15 percent of all cases of anorexia are men. Rates have been spiking for men over the last couple of decades—especially as jeans get skinnier and Ryan Reynolds' abs become standard in Hollywood. Of course, there's a difference between an eating disorder and standard-issue insecurity. If your boyfriend seems insecure but you're not worried about his health, let him know you're concerned and want to help. Suggest some reading to give him perspective, including the recent memoir *Shattered Image: My Triumph Over Body Dysmorphic Disorder*, by Brian Cuban, Mark Cuban's brother. If it seems like he has a serious health issue—for example, he starts dieting excessively or starts losing a lot of weight—strongly suggest therapy.

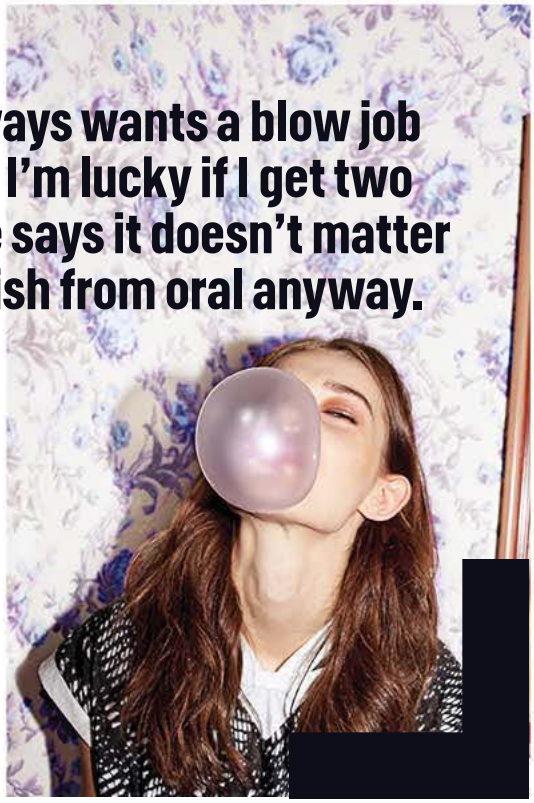


Q Things trailed off with a hookup, but I notice he still views my Snapchat stories and Likes my Instagrams. Is he trying to send me a secret message?

A If so, he's an idiot. There are a lot of easier ways to tell you he's interested: a text; a call; a singing, naked telegram of "Anaconda." The truth is that just because he hearts your Instagram photo doesn't mean that he hearts you. If this dude is still interested, only Liking your posts rather than actually getting in touch means that he only kinda likes you. At a bare minimum, what separates man from the animals is opposable thumbs and language. A guy who just thumbs at the Like button is still an ape. At the very least, you deserve a guy who's evolved enough to type "Wassup?" and hit Send. ■

Q My boyfriend always wants a blow job to completion, and I'm lucky if I get two minutes of oral. He says it doesn't matter because I can't finish from oral anyway. What do I do?

A Like children, guys need to be told when they're misbehaving. So tell him he's being an asshole—in a teasing way, of course—so he knows this is messed up. To get the result you want, consider going the carrot-on-a-stick route. Guys love sexual flattery: Try, "Bae, it feels so good when you're down there, I was thinking about it all day." Or tell him about all the spectacular things you'll do after he goes down on you. Don't frame it as a problem. Tell him you want more of a good thing.



CLOCKWISE FROM TOP LEFT: DENNI VAN HUIS/STOCKSY; LUMINA/STOCKSY; SIMON17/THE LICENSING PROJECT; JASON LAVERIS/FILMMAGIC.

Your Guide to the Male Brain

manthropology

BAD TO THE BONE

5 Bad Boyfriends I Have Been

It's not you—it's me. One good guy can be many shitty boyfriends, depending on where he is in life.

BY JOSH GONDELMAN



1
No-Boundaries Boy

I was 4. My girlfriend was 3. "I don't want you to kiss me," she said. I did it anyway. Turns out, that's a common deal breaker, in preschool and beyond.

2
Terrible-in-Bed Guy

I was too inexperienced to have any special skills on my sex résumé. That made me intensely self-conscious, a great trait in the bedroom…if your goal is sleeping alone and fully clothed.

3
The Workaholic

When you're invested in your career, you work hard, like I did. When you're also invested in your relationship, you make time for your girlfriend, like I didn't. Lesson learned: You can't have sex with a copy machine.

4
The Quivering Pile of Needs

I was more into her than she was into me, so I tried to win her affection with escalating acts of devotion—like handwritten love letters…delivered by carrier pigeons. It was less Gosling in *The Notebook*, more… desperation.

5
The Commitment-Phobe

You know the guy who won't commit to the amazing rom-com heroine and doesn't see why she can't relax and *let things happen, man*? When guys don't want to be in a relationship—with *anyone*—we all become Jon Hamm in *Bridesmaids*.

IN CONCLUSION After being several very bad boyfriends, I eventually learned how to be a good one. No man is perfect—but try to catch your next boyfriend when he's evolved past all the above.

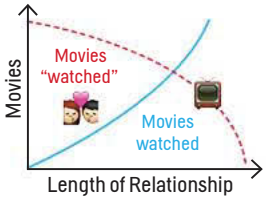
NICE AXES

Guy-a-Grams

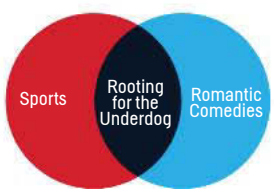
What dudes are really thinking—in chart form.

BY JASON OBERHOLTZER AND CODY WESTPHAL, COFOUNDERS OF THE *I LOVE CHARTS* TUMBLR

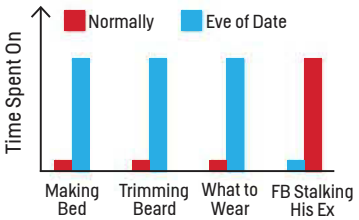
Relationship Film School



The Muscles/Manolos Overlap



Bro-Effort Breakdown



CLOCKWISE FROM LEFT: GALLERY STOCK; DREAM PICTURES/VSTOCK (THIS IS A PROFESSIONAL MODEL AND IS FOR ILLUSTRATIVE PURPOSES ONLY); KEVIN SWEENEY/STUDIO D; COURTESY CANDY CRUSH; COURTESY MINECRAFT; INGRET/SHUTTERSTOCK; NATALIA BOSKA/GETTY IMAGES; HURST PHOTO/SHUTTERSTOCK; LOG; SHUTTERSTOCK; TODD ABRAHAM/GETTY IMAGES; COURTESY SLOTS; COURTESY MODERN COMBAT 4: ZERO HOUR; TAYLOR HILL/GETTY IMAGES. "DUDE DATA" SOURCE: *THE JOURNAL OF SEXUAL MEDICINE*. "DECODE HIS GAME APP" SOURCE: ELI HODAPP, EDITOR-IN-CHIEF OF TOUCH ARCADE.

logy



"I'm dying for another facial from my girlfriend. I swear to god, my pores have never looked better."
—ANDREW C., 29

VAGINA ENVY

Girlie Things Guys Secretly Long to Do

Need a pedi buddy? Call your guy friend! Real men reveal how they're dying to get in touch with their feminine side.

BY MARISSA GAINSBURG



"I would kill to wear a sundress. I just want air between my legs and not to have to undo my fly 10 times a day."
—ANDREW W., 25

"I want a pedicure. Sitting in a massage chair while someone scrubs your feet? Beats a shoe shine."
—DAVID S., 29



"I always want to play with kittens at pet shops. They look so sad and lonely, and I feel like they really get me."
—PHIL D., 25



"I wish I could wear Uggs. My feet deserve shearling."
—BRIAN P., 23



"I hate the five-minute shower expectation. Like, hey, I'd like some me-time before we go out too!"
—FRED M., 29

"I'd do anything to order a frozen pomegranate margarita. They're like Slurpees that get you drunk. Sometimes, I just *don't want beer.*"
—BRUCE F., 30

DUDE DATA



5'9" (and under)

The height of men who have the most sex, according to a recent survey. So T.I. really can have whatever he likes.

DECODE HIS

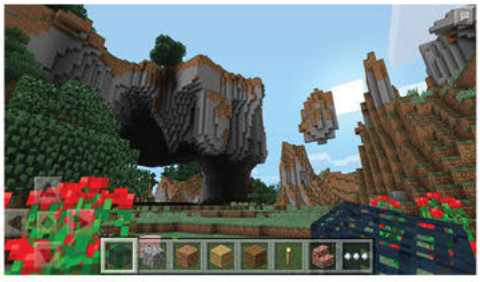
Game App

His go-to game app will tell you if you should sync...or delete him.

BY HELIN JUNG



CANDY CRUSH SAGA The Facebook invites are annoying, but maybe he's just a dreamer who wants to spend his downtime crossing the Bubblegum Bridge into the Minty Meadow. Better virtual candy than psychedelic drugs?



MINECRAFT So he likes battling monsters in a virtual Legoland. He's a nerd, but maybe he's also down to play choose-your-own-adventure in the bedroom?



SLOTS This virtual casino hound might be your 75-year-old grandma. Either that or he's a gambling addict.



MODERN COMBAT 4: ZERO HOUR Shooter games are for guys who need to blow off steam. But if he puts the phone away and there's more aggro where that came from, dishonorably discharge him.

How to Make Love Last

We all know those ridiculously cute couples who've been together for ages, yet seem to not only love each other but still genuinely *like* each other. What's their secret—and what's *really* going on behind closed doors? Read on as long-term couples bring the relationship #Realness. **BY MICHELLE RUIZ**

masters of sex

"When I need to talk to my husband about a delicate sex issue, I replace the words 'You never' with 'I would love.' 'You never give it to me hard enough' is a burn. But 'I would love you to give it to me harder' is dirty talk." **—EMMY, 32, MARRIED TO HUSBAND DAN FOR 3 YEARS**

"Oral is a sexual olive branch for us. When I really want him to run to the store, I bribe him with a BJ. And when he wants me to make him dinner, he knows it will sweeten the deal if he goes downtown on me. Oral solves pretty much anything." **—ANNIE, 28, DATING BOYFRIEND FINCH FOR 1 YEAR**

"No matter what, there's always time for a quickie. F*ck your dinner reservation!" **—JAY, 33, MARRIED TO WIFE BRIT FOR 2 YEARS**

"We have a secret code for getting it on—'M.O.,' short for make out. We'll throw it out in conversation, over texts, and in e-mails, as in 'Wanna M.O. later?' It keeps the sparks flying." **—ELIZA, 35, MARRIED TO HUSBAND MATTEO FOR 8 YEARS**

the little things

"Silly little tradition that works for us: He tucks me in every night. I go to bed earlier than he does so I can wake up earlier for work, so he'll pull the covers over me, turn down the lights and TV, lie with me for a minute, and give me a little hug. It's a nice quiet moment that reminds us how much we love, and like, each other...and that a little cuddling can go a long way." **—MAE, 35, DATING BOYFRIEND MIKE FOR 10 YEARS**

"We've been together for 8 years—but we rarely, if ever, pee or fart right in front of each other. It's just not sexy!" **—MADDY, 32, MARRIED TO HUSBAND WES FOR 3 YEARS**

"I always give her the last bite of my burrito because I don't like the 'butt,' and she gives me her leftover ramen broth. It's a reminder that the other still thinks about you and cares." **—ALEXANDRA, 20, DATING GIRLFRIEND ALEX FOR 2 YEARS**

BRIT SAYS: "We're fans of spontaneous sex. We recently did it in an outdoor shower that was pretty visible to our neighbors, because why not?"

ALEX SAYS: "I really enjoy those burrito 'butts.' The simple things make me feel like I'm reliving the falling-in-love part of the relationship, and I don't think there's anything better than that."

"Most couples aspire to a king-size bed—but we're sticking with our queen forever. It keeps us close even when we're not feeling super romantic or sexy. I don't always love the proximity of his snoring, but it's a bonus for us to wake up every morning in each other's business, or more likely, spooning." **—LINDSAY, 32, MARRIED TO HUSBAND ED FOR 1 YEAR**



THIS PAGE: CHRIS CRAYMER/TRUNK ARCHIVE. OPPOSITE PAGE: "SLEEP NAKED" SOURCE: COTTON USA 2014 SURVEY. THESE ARE PROFESSIONAL MODELS.



The Science Behind Making Love Last

Researchers at The Gottman Institute in Seattle have studied thousands of couples and found that the happiest ones share these three go-to habits.

PUSH THE POSITIVE

The magic ratio of your positive interactions (great convos, hookups) to negative ones (fights, eye rolls) should be 5:1. "The more positivity there is, the more we feel our partner loves us," says Don Cole, a licensed marriage and family therapist at the institute, who has counseled hundreds of couples.

MASTER THE MAKE-UP

Even happy couples fight sometimes—but they're better at making up. "Successful couples don't let things fester for days," says Cole. They talk it out, apologize, and get back to normal pretty quickly. Make up and make out—make that your new motto.

DREAM TOGETHER

Couples who are winning at love "really pay attention to each other's dreams," says Cole. It doesn't matter if your goal is to cure cancer and his is to be the next Sam Smith. Finding a partner who respects your dreams (and making sure he knows you feel his are legit) makes you feel supported. As for your shared dream of true love? Poof—there's a good chance of it coming true.

sleep naked

Couples who go to bed in the buff are happier than others, according to a recent survey. No PJs = easier access to BJs (and other stuff!).

keeping it fresh

"Unless something urgent comes up, we don't e-mail, text, or call each other during the workday. That way, we can come together for dinner (which we do almost every night) and find out about each other's day. It feels like date night every night." —MACY, 35, DATING BOYFRIEND WALTER FOR 10 YEARS

"Every year, we take a trip to somewhere neither of us has been. We got engaged in Thailand and recently went to Turkey. Exploring new places gives us something to look forward to for months before and reminisce about for months afterward." —SOPHIA, 32, MARRIED TO HUSBAND DJ FOR 2 YEARS

"A little jealousy won't kill anyone. In fact, it's healthy—when my boyfriend sees someone hitting on me, it's a reminder that I'm still a hot piece." —EMILY, 29, DATING BOYFRIEND TREY FOR 4 YEARS

"It's important to us to have our own hobbies. My wife does yoga retreats, and I'm all about a ski weekend with the boys. If we didn't have our own individual lives, we wouldn't have anything to offer the other." —WILL, 34, MARRIED TO WIFE BLAKE FOR 3 MONTHS

BLAKE SAYS: **"It sounds weird, but it's nice to miss each other when we spend time apart. It's a great reminder of how much we love each other."**





Pauline and Bob on their wedding day.

Secrets From the 50-Year Anniversary Club

Warning: Their epic love secrets might make you ugly-cry. BY GABRIELLE HURWITZ

Sally, 80, and Bob Kline, 82
Married for 58 years

SALLY: Always talk things out. Our neighbors had a fight and went days without speaking. That's just the worst thing I've heard.
BOB: Each morning, we say, "Let's count our blessings." The first is, "Well, I've got you."

Lennie Gerber, 78, and Pearl Berlin, 89
Married 1 year, together 48 years

LENNIE: We still wake up every morning and have some schmoozing.
PEARL: I can't start my day until I've held Lennie. Then I go make her a coffee.

Pauline, 77, and Bob Kirchner, 78,
Married 52 years

PAULINE: It took him three years to figure out I was the one.
BOB: We dated on and off. I went out with some other gals. She left town for a while.
PAULINE: And then he came and got me.
BOB: I saw that she was the girl who was going to work.
PAULINE: We dated others, but we always came back to each other.

5 hours

The amount of time per week the happiest couples spend "working on their relationship"—going on dates, chatting after work, kissing good night—it all adds up, people.

FROM TOP: COURTESY SUBJECTS; CHRIS CRAYMER/TRUNK ARCHIVE. SOURCE: THE GOTTMAN INSTITUTE. BOTTOM: THESE ARE PROFESSIONAL MODELS.

"Our Crazy Schedules Could Have Broken Us—But They Only Made Us Stronger"

Their careers are awesome. Their work hours? Not so much. Power couple Jamie and Brian Stelter prove there are no excuses when it comes to making it work.

JAMIE: *As the morning traffic reporter for cable-news channel New York 1, I wake up at 3 a.m. and go to bed by 7:30 p.m. So for one of our first dates, Brian asked me to lunch. Then a reporter for The New York Times, he understood a crazy schedule. Lunch turned into Ping-Pong at a bar—and it was more fun than any late-night date I'd ever had. As we got serious, he e-mailed me before coming to bed so I'd wake up to his notes. I responded in the morning so he'd wake up to mine too. Our notes are a chance to tell each other what happened while the other was sleeping (he broke the news of Beyoncé's overnight album release to me!) and also what's going to be great about the day ahead. We got married last year, and our daily digital love notes are still the foundation of our relationship.*

BRIAN: *I'm so glad I snuck out of work that day to meet Jamie for lunch. I was still in the wooing phase (who am I kidding? I'm always in the wooing phase) and wanted to show that I could adapt to her schedule. Our hours are still tough—there have been days when I've seen Jamie only on TV! Now she can say the same about me—last year, I started a job anchoring CNN's Reliable Sources. It was agonizing when we recently had to cut short an adventure to Nashville because I had to fly back for the show. But we're both bendy people (insert joke here), and we bend to the other's schedules. Instead of feeling lame about early-bird dinners, we embrace that even the most exclusive restaurants have 5:30 tables. And sometimes, I still sneak away for mid-day dates, so hopefully my boss isn't reading this.*



#TheStelters, tweeting their wedding.

COURTESY SUBJECTS

5 Relationship Things You Shouldn't Stress About

Because at the end of the day, mutual obsession with *Scandal* is a bonus, not a prerequisite, for lasting love.

1/He never posts Facebook statuses on your anniversary. But he tells you he loves you to your face all the time. So do all your second cousins really need to know that "two years ago today, [he] married his best friend"?

2/He hasn't perfected the art of gift giving. He's not the type to create a scavenger hunt that ends in a puppy wearing a diamond ring on its collar? Rude! But there's no shame in saving yourselves some grief and e-mailing him a link to the Marc Jacobs bag you really want for your b-day.

3/Sometimes you totally go to bed angry. It's okay to call bullshit on this old-school love law. Sometimes sleeping on it and waking up with a fresh perspective is a lot better than bickering until 2 a.m. on a work night.

4/You occasionally just "do your own thing" for dinner. No one feels like going full Ina Garten after a long day, so he nukes a Hot Pocket, and an hour later, you eat leftover soup? Technically, you're not eating alone. You're eating alone...together in the same apartment.

5/You don't like any of the same movies. Or TV shows. You're considering *Game of Thrones* cosplay; he has no idea what the House Baratheon is. No worries, you're not doomed, because you're both big fans of something way more important: Sunday-night sex.

the art of the deal

"My husband is obsessed with Phish and goes to all their concerts. At first, I was annoyed at the time suck—but after I saw how much he loved it, I didn't want to stand in the way of his passion. In turn, he doesn't say anything about my expensive SoulCycle hobby." —**ANN, 32, MARRIED TO HUSBAND KERR FOR 3 YEARS**

"We split up the cleaning duties by room in our small apartment. I really hate doing the bathtub, so he gets in there in his boxers, so as not to get his regular clothes wet. There's nothing like the sight of a nearly naked man scrubbing on his hands and knees because I asked him to." —**KARINA, 29, DATING BOYFRIEND SEAN FOR 11 YEARS**

fights done right

"Accept that even your soul mate acts like an asshole sometimes! But we give more weight to the things we love about each other." —**CHARLIE, 30, MARRIED TO WIFE RAE FOR 5 YEARS**

"We don't feel the need to apologize if we have a little fight. We just say, 'Listen, I'm not sorry, but I don't want this to get awkward, so let's go about our day. Give me a kiss. Also, I'm not sorry.'" —**KAY, 29, DATING BOYFRIEND MICHAEL FOR 11 YEARS**

SEAN SAYS:
"I'm getting a bargain. Karina hates tub cleanup so much that I can trade it for an overall increase in her workload. As in, how many other rooms is she willing to clean just to get out of it? I can usually work out a nice 1:3 room ratio, and that makes us both happy."

LIVE IT UP!

EDITED BY HELIN JUNG

OH, THE PLACES YOU'LL GO

You'd love to sleep in the desert in India, but who has the time—or for that matter, the money? Answer: You do. With a little effort, you can book a #BucketList trip. **Jenny Miller** shares her travel tips.

Throughout most of my 20s, I was a busy career girl who didn't travel much. Then I started talking to jet-setting friends and got hit with a serious case of wanderlust. Two years ago, I quit my job to become a travel writer, and since then, I've jumped on at least a hundred domestic and international flights. The lesson? Traveling is easier than I thought it would be. Along the way, I've learned about the world, engaged in a few on-the-road romances, and said yes to experiences I never imagined I'd have, like snacking on tarantulas in Cambodia (crunchy!). You can reap these benefits too. Here's how.



IT'S GOOD FOR YOU
Research shows that vacations reduce stress and that getting excited for an upcoming trip can make you feel happier.



Start Dreaming
Follow **@GaryPepperGirl**, **@LoveKimiko**, and **@AlexStrohl** on Instagram for some serious travel inspiration.

You Ready?

1. Pick a Destination

Dedicate a few hours to travel-dreaming. Browse guidebooks and blogs for ideas, and if your heart goes boom about a place, add it to the list of possibilities.

2. Crunch the Numbers

You know where you want to go and how long you can get away, but how much will it cost?

FLIGHT: Look up the price of a plane ticket on sites like Hipmunk, which offers a flexible-dates search feature.

LODGING: Search TripAdvisor and Airbnb for sample accommodation rates.

MEALS: Lonely Planet offers restaurant listings with price ranges for main courses.

OTHER STUFF: Don't forget about souvenirs, cab fares, and museum and concert tickets!

3. Now Start Saving

Open a separate online account (like Charles Schwab's high-yield checking account), then commit to saving each month.

HOW TO TRAVEL IN A PACK

Personality clashes might be inevitable, but you can smooth some issues with technology.

MAKE PLANNING EASIER
Use TripIt to share itinerary details with friends and look up confirmation numbers offline.

SPLIT THE BILLS
Bank of America, Chase, and U.S. Bank have apps that let you pay people instantly. Venmo offers no-fee instant transfers.

STAY IN THE LOOP
Skip hefty cell-phone charges. Group-chat with WhatsApp when connected to WiFi.

HOW TO FLY SOLO

It won't be lonely if you make friends on your trip. Here are great strategies for getting out there.

GO SOCIAL
Facebook, Party With a Local, and Tinder (yep!) can connect you with other people in the area.

GO OVER FOR DINNER
Sign up with supper-club network EatWith to share a communal meal with a local host in several dozen cities worldwide.

BOOK A GROUP TRIP
Try a surf camp! Volunteer! Hit up LearningVacation.net and GoAbroad.com for programs.

SOCIAL-MEDIA LOVE

As you're posting your awesome beachside photos, keep in mind that clogging up feeds is the fastest way to annoy friends and lose followers. If you're posting a great meal, geotag or mention the restaurant and city where you had it. Instead of bragging, you want to give friends ideas they can act on later.

Swipe to Get to Paradise

Gold Delta SkyMiles American Express
You get 30,000 miles for spending $1,000 in the first three months. The $95 fee is waived the first year.

United MileagePlus Explorer
It offers trip-cancellation insurance, lost-luggage reimbursement, priority boarding, and a free checked bag.

Chase Sapphire Preferred
You receive 40,000 points after you spend $3,000 in three months. You can transfer points to different airlines.

OPPOSITE PAGE: BETH STUDENBERG/THELICENSINGPROJECT.COM. THIS PAGE: FROM TOP, LEFT TO RIGHT: AMANDA KIMIKO; NICOLE WARNE; AMANDA KIMIKO; ALEX STROHL; NICOLE WARNE (2).



PSST... When is the best time to book a flight? New research says to do it on Sunday.

Have a Quickie

You might need a few weeks to take full advantage of your dream trip to Tokyo, but a shorter trip to one of these spots can be just as epic.

Oregon's Southern Coast

Hidden Gem
For jaw-dropping coastlines and woodsy trails, take a quick commuter flight from Portland or San Francisco to this lesser-known part of Oregon.

Don't Leave Without
...Building a bonfire and making s'mores on the beach under a million stars.

Hit a Dive Bar
Swig an Arch Rock Brewing Company beer at Hunter Creek Bar and Grill in Gold Beach.

Hawaii's Big Island

Go Off-Season
You'll find the best rates between September and November.

Nom, Nom, Nom
Munch on ahi poke (cubed raw tuna marinated in soy sauce and sesame oil) from Da Poke Shack in Kona.

Feel the Heat
Visit Volcanoes National Park, where you'll see lava from active volcanoes.

Pro Tip
Rent a four-wheel drive for when you visit rugged spots like the Punalu'u Black Sand Beach.

Paris, France

When's Good?
Nothing beats summer nights by the Seine, but many businesses shut down for the month of August. Early fall can be gorgeous and less packed.

Make Sure to Pack...Comfy walking shoes. The best way to explore this city is on foot!

To Louvre or Not to Louvre?
Make up your own mind about elbowing other tourists to see the Mona Lisa, but make sure to visit Le Musée d'Orsay.

What to Bring on Any Trip

When you travel as much as Damsel in Dior blogger **Jacey Duprie**, you have to have a system. Duprie starts with essentials, then builds from there. To make packing more fun, she puts on a playlist themed to her destination and opens some wine. Here's what she travels with.



Chambray shirt, $78, J.Crew, jcrew.com

Sunglasses, $42, Nine West, Bon Ton stores

Downy Wrinkle Releaser Plus, $1.99, downywrinklereleaserplus.com



Dress, $250, AYR, ayr.com

Crossbody bag, $59, Kate Landry, Dillard's stores



Suitcase, $600, SteamLine Luggage, steamlineluggage.com

Stash a Juice Box
Carry a charging phone case from Mophie or OtterBox to limit anxiety when you're at 2 percent battery life.

BEN GOLDSTEIN/STUDIO D. STYLIST: GABRIEL RIVERA FOR RJ BENNETT REPRESENTS. TOP LEFT: PASCAL SHIRLEY/GALLERY STOCK.



Sleep like a rock.

The non-habit forming
sleep-aid from the
makers of NyQuil.™
Sleep easily.
Sleep soundly.
And wake refreshed.

VICKS®

Use as directed for occasional sleeplessness. Read each label.
Keep out of reach of children. © Procter & Gamble, Inc., 2014

CONFESSIONS

WHEN CUSTOMERS ATTACK!

If you work with the public, you know that people can be the worst. Dealing with bad behavior is a tricky skill—let these pros help you learn it.

BY MARISA COHEN

We Need to Talk...



"One patient tried to get her boyfriend to come to couples therapy, but he refused. She begged me to find a way they could air out their differences, so I suggested they try a local relationship seminar. Well, the seminar did help him open up—and he broke up with her. She stormed into my office in a frenzy, screaming that it was all my fault! I listened calmly, maintaining eye contact with the patient, while telling myself, This won't last forever. She just needs to get it all out. In the end, she realized she was better off without him."

—TASHA KORNEGAY, PHD, LICENSED PROFESSIONAL COUNSELOR

*Groom*zilla



"A groom ordered a five-tier chocolate mousse cake for his outdoor wedding. I explained that it couldn't possibly last in the sun, but he insisted that it was his dream cake. Two hours into the wedding, I got a frantic call that his cake was falling over. He wanted me to come save it, but there was nothing to do at that point but eat it! A week later, he came in, apologized, and said he should have listened to us in the first place. We always try to accommodate unsatisfied customers in hopes they come back, so we offered to make him a free cake—not with mousse—for his first anniversary."

—ELFIE WEISS, OWNER, HOTCAKES BAKES

Hair-Color Cop

"I had one client who drove me crazy asking if I was coloring her hair exactly the same way as last time. She hid an iPhone under her robe to take pictures of me working, so the next time she could pull them out and say, 'Aha! You made that one piece slightly brighter!' I acted super chill, hoping that my attitude would rub off on her. And I reminded myself that it wasn't personal. People like that have a lot going on in their personal lives, and they like to vent."

—AMY HUSON, HAIR COLORIST

Unhappy Returns

"At a previous job at a high-end gift shop, I sold a teenager an expensive figurine for his parents' anniversary. A few days later, his mom tried to return it, even though the store had a strict exchanges-only policy. She was furious that I wouldn't give her the money back and screamed that it was my fault for allow-

FROM LEFT: GETTY IMAGES; CAMILLE KAUER PHOTOGRAPHY; COURTESY SUBJECT.

ing a teenager to spend so much! I now always explain the return policy when someone is buying a gift or doesn't seem 100 percent certain about the purchase."

—DEBBY JOSEPH, RETAIL SALES

Insta-Scam

"A customer e-mailed to complain that she hadn't received the makeup she ordered. Even though we had delivery confirmation, we sent a replacement. A couple of months later, we got a similar e-mail and sent another package. When we got a third e-mail, we got suspicious and looked up her Instagram account—she had posted pictures of her new makeup the day she told us it was missing. We track e-mails about missing packages much more carefully now!"

—KRISTA DOLASH, CREATOR, ROOT MINERAL MAKEUP

The Social Stalker



"Every time I called to discuss business with one client, she would talk about her boy troubles and her mother. Then she started showing up at the office, even crashing a staff member's engagement party! When I tried to explain that we had to keep things strictly business, she started screaming that if we didn't want to spend time with her, then she didn't want to spend money on us. We called security, and as she was led out, she knocked over a fishbowl and shouted obscenities as our poor fish lay flopping on the floor."

—ALY MACGREGOR, PRESIDENT, REICURA (A CREATIVE AGENCY)

Dine and Dump

"When I catered a business lunch, the client called me, hysterical that there wasn't enough food. Even though I knew we had made plenty, I had my chef scramble to prepare more and rush it over at no charge. In the end, there was a ton of leftover food that they threw in the trash, along with my profits. When she called a few months later to hire me for another event, I simply said, 'I'm sorry, I don't think we're a good match.'"

—ELLEN VAKNINE, OWNER, ESPRIT EVENTS

House Owner From Hell

"A woman contacted me about selling her home and asked me to research comparable sales. When I brought her the info, she grilled me for hours on how I would market her house and what renovations she should make. Then it was like a switch turned, and she went from being friendly to being absolutely nuts! She said, 'Why are you still in my house? Get out of here!' The next day, she told me she was going to sell the house on her own. Now I ask potential clients a lot more questions to get a sense of whether they're truly ready to buy or sell—and to get a feel if they are legit—before I put in all that work."

—CHANTAY BRIDGES, REALTOR

E-Mail Fail

"A customer sent me 15 rude e-mails in a row asking about different pieces of jewelry on our site. Then she couldn't figure out how to place the order, so I spent hours sending her screenshots walking her through every step—she kept e-mailing me back, saying, 'I just want my damn discount!' I know it can take only one unhappy customer to hurt a small business like mine with bad reviews splashed across the internet, so it was important to me to make her happy. And I'm glad I did—she's become a returning customer."

—NICOLE RECOMENDES, OWNER, LILLIE & TORI JEWELRY ■



FROM LEFT: COURTESY SUBJECT; GETTY IMAGES.

BE A RISING STAR



Cole became president of Cinnabon at just 32 years old.

At 17, **Kat Cole** was a Hooters hostess, and by 26, she'd soared up the company's ladder to the executive suite. Now 36 and the president of Cinnabon, she tells how to make your youth one of your best career assets.

DON'T KNOCK YOUR OWN RÉSUMÉ

Yes, I started my career at Hooters, and I'm proud of it. I had chances to leave, but I stayed because it was a fast-growing company. I thought, "Where else can I get these chances as a college dropout?" My gratitude for those opportunities and my pride in what we were creating outweighed my concern about what others thought.

DO THE MENIAL STUFF, THE GLAM FOLLOWS

Never say "that's not in my job description," because you never know where new experiences can take you. I started as a hostess at the age of 17. I jumped in wherever I was needed—as a waitress, a cook in the kitchen, a fill-in bartender, even helping the managers open and close the restaurant. When Hooters opened an outpost in Australia, they asked me to fly in to train the new team, because I knew how to do every job. I'd never even been on a plane! But I went for it, and it led to bigger and better things.

IDENTIFY THE HOLES

I was so successful so fast because I was brutally honest about my weaknesses—and I did something about them. At 24, I was the director of a department, managing 10 teams all over the world. But I lacked contacts, and I had no idea how to recruit the best people. I couldn't make myself any older—and I didn't want to—but I got involved in charities, like the Women's Foodservice Forum, where I worked on that stuff. Evaluate your weakest areas. Budgets? Managing people? Group collaborations? You could join a sports team or charity or coach kids. Those are safe places outside work to get skills that will help you succeed.



"Being professional doesn't mean that you stifle your personality," says Cole.

TAKE IT UP THREE NOTCHES

As a 26-year-old vice president, I knew I needed to exude professionalism and confidence to be taken seriously. I took it up three notches, to make sure I was presenting the best version of myself. I wanted people to hear my title and think, *That makes sense*, not, *Huh? Her boobs are hanging out and she's afraid to talk. How'd she get this job?* Now when I mentor young women who come off as immature, I say, "You flip your hair, tilt your head a lot, and are wearing a too-short skirt. Is any of that the end of the world? No. But it's a distraction—let your brain shine."

ASK A TON OF QUESTIONS

Getting people to open up is the quickest way to get them on your side—even if you're their boss and you're 10 years younger. So many times when I hit a roadblock in my 20s, I'd go into the break room and say to a colleague, "Hey, I'm having this issue. How would you deal with it?" Often they became a mentor to me without an awkward "Will you be my mentor, yes or no?" conversation. ■

FROM TOP: COURTESY CINNABON; JOE PUGLIESE/AUGUST.



CULTURA/GETTY IMAGES

CASHING IN

PARTY LIKE A RICH GIRL

So what if you're the hostess with the least-ess? Cosmo financial columnist **Alexa von Tobel**, CEO of LearnVest, and lifestyle expert **Sabrina Soto** help you host a holiday bash and still have money for presents.

KNOW YOUR MAX. Decide how much you'll spend. At the end of this article, add up the cost of drinks, food, and decorations. Over budget? Whittle your guest list, or recruit a good friend to cohost with you to split the cost.

HAVE IT AT HOME. Bars usually charge an event fee and drink minimum (no thanks). Fancy up the vibe at home by hiring a bartender. We found one on TaskRabbit.com for $15 an hour.

TIME IT WISELY. Happy-hour drinks and apps are cheaper than hosting a meal. Plan on three bites per person. Get one thing that cooks in the oven, like flat bread, a charcuterie plate, and maybe hummus, crudités, and olives.

EDIT YOUR INVITES. Paperless Post has free, classy digital invitations that make it a cinch to manage responses, so you don't overspend on guests who can't make it. (FYI, making RSVPs public increases the number of *yeses*.) Specify when the party ends to minimize lingerers. And saying "Significant others welcome!" on the invite politely implies that random friends are not.

DON'T DO COCKTAILS. Stocking a full bar is pricey. You'll save by having one signature drink (or one for each host), although you'll have to buy the extras some guests will request, like lemons, limes, and club soda. Cheapest option: Only serve beer and wine. Either way, plan on one to two drinks per person per hour, and set out sodas, juice, and water so guests can pace themselves.

SAVE ON BOOZE. Trader Joe's has decent wine for $5 a bottle, and flash-sale site Lot18 sells fancier bottles at up to 40 percent off. Save on beer by getting a torpedo keg—then have fun dressing it up with decorations.

DECK YOUR HALLS. Good music and drinks get you 90 percent there. But if you feel Pinterest-y, riff on items you have at home (a string of lights, candles) or outside (branches, pinecones). Do splurge on a couple of bouquets of flowers to set a celebratory mood.

LET THEM HELP. When your friends ask what they can bring, the wrong answer is "Just bring yourself!" The right answer is alcohol. And be specific, as in "Please bring a bottle of wine you love." ■

Are You a Rule Breaker?

Meet eight women who don't take no for an answer, and join Cosmo and the Clinton Foundation's No Ceilings initiative in raising a glass to the world-rocking work they do. Then go forth and conquer your world.

BY LAURA BROUNSTEIN, ELYSSA EAST, AND ANGELA LEDGERWOOD



WHEN I WAS IN ELEMENTARY SCHOOL, I had a teacher who told my parents that I was "very precocious." The teacher didn't intend the comment to be a compliment, but my parents took it as one. They thought it was great they had a daughter who raised her hand and wasn't afraid to speak up in class. I was so fortunate to have parents who acted as a countervailing force to the insidious ways in which girls are told to lower their voices, not to stand up.

The Clinton Foundation launched No Ceilings: The Full Participation Project to study the progress women and girls have made over the last 20 years and what opportunities are still limited. In other words, what glass ceilings are still stopping us from getting where we want to go—and where we hope our daughters can go. By taking a global, specific, data-driven approach, we can all target our efforts and make bigger changes faster.

We shouldn't mistake progress for success. So if you hit a ceiling in your own life, think about what you need to break through it, and don't be afraid to ask for help. The eight women in this story (we worked with Cosmo's international editions to find them) broke through political, cultural, and social glass ceilings.

When we change perceptions around what women can do, we open doors for all of us. So please celebrate when women you admire have breakthroughs, and be proud of your own. Together, we can create a brighter future for the next generation of young women.

—CHELSEA CLINTON, VICE CHAIR, CLINTON FOUNDATION



"I want to bring power to Brazilian women."



"The more times you hear *no*, the closer you are to getting a *yes*!"

UNITED ARAB EMIRATES

The Powerhouse

Amna Al Haddad | 25 | Weight lifter

The United Arab Emirates has sent only three women to the Olympics. Al Haddad plans to be the fourth in 2016, as a weight lifter (her record: 235 pounds in two lifts!). "Training alongside men helps push me forward. And when men and women train together, they can learn to respect one another."

"My favorite song is 'A Greater Foundation,' by As I Lay Dying. It's about how things have to break down before they can build up and be stronger."

@Amna_AlHaddad

BRAZIL

The Activist Blogger

Juliana de Faria | 30 | Journalist

De Faria wanted to help women in her hometown of São Paulo feel safer, so she launched Enough With the Catcalling, a crowd-sourced map where women can report any place they faced harassment. "Catcalling is not a compliment; it's violence."

"I'm manic about TV shows with complex and inspirational women's characters, like *Girls*!"

@ThinkOlga



"There aren't any other scientists in my family. I'm my own person."

POLAND

The Cure Finder

Joanna Jurek | 18 | Scientist

At 17, most students are just trying to pass chem. Jurek was using it to develop a treatment that tackled pancreatic cancer (a deadly form of the disease) and won the IV Prize—the most prestigious award on the planet for young scientists—in the process.

"Many women prefer independent work in a lab, but I love sharing my results."

OPPOSITE PAGE: GABRIEL RINALDI/REDUX. THIS PAGE, FROM TOP: ANDREW HETHERINGTON; PIOTR MALECKI/GETTY IMAGES.



"I'm bisexual, and I don't need to be cured."

CHINA

The Rights Warrior

Xiao Tie | 28 | LGBT program director

Xiao often has to check in with the police. That's because she works at the Beijing LGBT Center and organizes protests. Homosexuality was declassified as a mental disorder in 2001 in China, but there are no anti-discrimination laws and same-sex marriages are still illegal. "People come to the center, call it home, and say it's saving them. That fuels me."

"It's very dangerous, but I'm not afraid because we're doing the right thing."



"I lost the first time I ran for office. Rejection is practically the worst thing, but I just kept going!"

IRELAND

The Statesman

Catherine Ardagh | 32 | Lawyer and politician

Ireland ranks 24th out of 28 European Union countries for female political representation. Dublin City Council member Ardagh wants to change that. "Women manage things better and are less motivated by fame."

"Getting women into politics hasn't been a top priority, but it benefits everyone when they are involved."

@CArdagh

SOUTH AFRICA

The Game Changer

Karabo Mathang | 28 | Sports agent

While attending college, Mathang loved going to soccer matches. "I noticed a gap in the way players were managed in terms of training methods and healthy life skills. I thought, I can do this." In 2009, she became the first female football agent in South Africa. "People said to me, there's no place for a woman in sports or in business. That's old thinking."

"I was horrible at playing soccer in school, but I'm good at managing it!"

@PManagementRSA



"Women say, show me how. There's no time for that. Make progress and find me halfway and we'll see."



"When things are tough, I think, FIDO: eff it and drive on!"

U.S.A.

The Trailblazer

Erin Mauldin | 22 | Second Lt., U.S. Army

Mauldin was the first American woman to complete the hellish French Commando School, so when this West Point valedictorian completes her Rhodes Scholarship at Oxford, she wants to enter the infantry, which is still closed to women. "I can make a difference."

"The fantasy books I read as a kid, with girl warriors, were influential—I never think of being a woman as a limitation."



"I try to keep balanced. I have three awesome best friends, and we do fun stuff."

INDIA

The Entrepreneur

Sindhuja Rajamaran | 18 | CEO

In her spare time, Rajamaran goes to college. Her day job is being India's youngest CEO. Her Seppan Entertainment is an animation company that employs five people, all men. Women-run companies are only 3 percent of India's GDP, so it's a really big deal.

"There are few female entrepreneurs; it bugs me. As people see what my company can do rather than see me as a kid, it's nice."

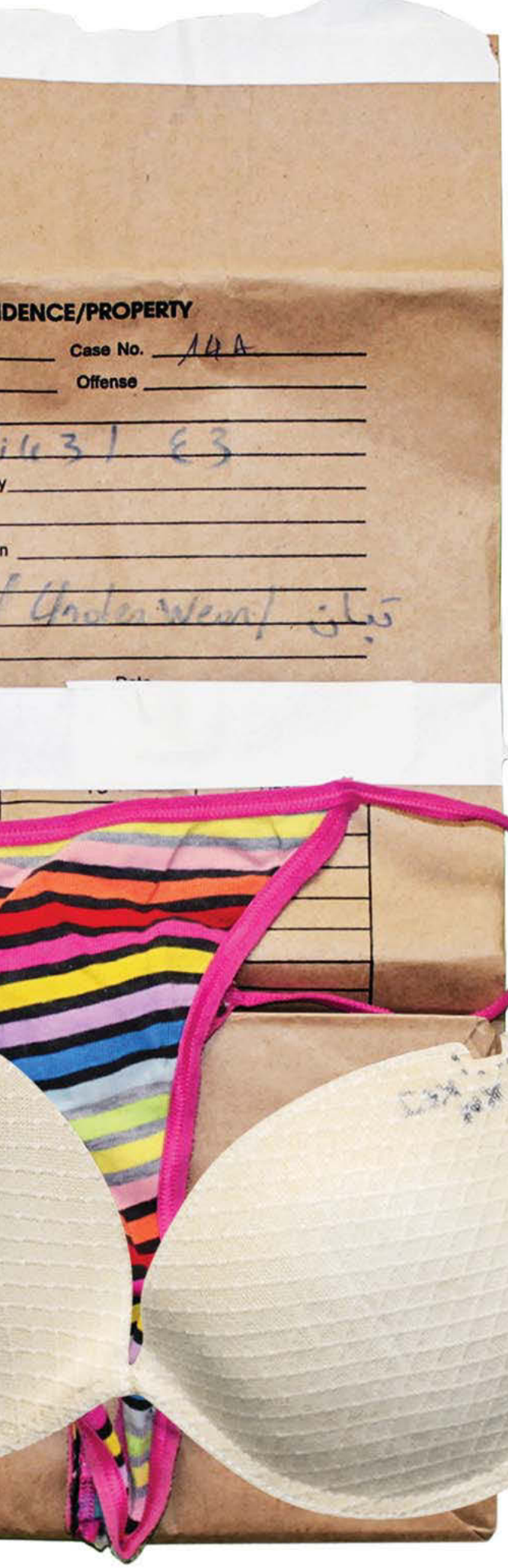
OPPOSITE PAGE, FROM TOP: JAMES WASSERMAN/GETTY IMAGES; KENNETH O'HALLORAN/GETTY IMAGES. THIS PAGE, FROM TOP, LEFT TO RIGHT: JONATHAN TORGOVNIK/REPORTAGE BY GETTY IMAGES; ANDREW HETHERINGTON; ALLISON JOYCE/REDUX.

WHEN AN AMERICAN IS ACCUSED OF RAPE OVERSEAS, THE U.S. GOVERNMENT LEAPS TO HELP. BUT WHEN AN AMERICAN IS SEXUALLY ASSAULTED? THAT'S ANOTHER STORY.

BY LIZ WELCH PHOTOGRAPHED BY ANDREW HETHERINGTON



HELFERT SAVED DNA EVIDENCE, BUT POLICE IN MOROCCO DIDN'T TEST IT.



EVEN WITH EVIDENCE OF ASSAULT, THE U.S. CONSULATE DOES NOT PROVIDE LEGAL HELP.

ERIN HELFERT got in trouble a lot at the parochial school she attended in Houston. Her short skirts were "immodest," her outspokenness unwelcome. So when a high school teacher pressed into her, aroused, she reported him to the head of security. The response: "Do you like to turn men on to get them in trouble?" She came away motivated to study bias against women—so she could work to prevent it. "Being asked to shut up only encouraged me to speak louder," she says.

After college, followed by graduate studies in Paris, she moved to Morocco in June 2008 to work on her graduate thesis about gender-based violence. By August, she'd run out of money. She moved to Casablanca and got a job at a high-end motorcycle dealership.

With her first paycheck, she moved into an airy five-room apartment. "I was making a life in Morocco, meeting the most fascinating people," she says. They included Rick Ortiz, the regional senior commercial officer at the U.S. consulate (the outpost of the State Department that serves citizens abroad). "He hosted these boozy affairs with wealthy Moroccans and diplomats," she recalls. "I'd spend the night in a guest room if I was too tired or tipsy to go home."

Ortiz was hosting a New Year's Eve party, which Helfert wanted to attend even though she was recovering from the flu and on antibiotics "the size of horse pills." The place was buzzing when she arrived, and Helfert knew many of the 50 or so people there. She had one whiskey and felt fine, but the second one made her woozy. Overcome by fatigue, she wandered upstairs to a familiar guest room.

The next thing she remembers is gagging. "I woke up unable to breathe," she recalls. "A penis was in my mouth." In the darkness, Helfert saw Salah Azzouzi, Ortiz's housekeeper. Other than serving her dinner and taking her coat earlier that evening, Helfert had never had an interaction with him—until then.

She tried to push him away and told him no repeatedly but was too incapacitated to fight him off. When he left, she fell back asleep, until he came back. This happened several times that night.



ERIN HELFERT SPENT FIVE YEARS WORKING TO BRING DOWN HER RAPIST.

SHE AWOKE LATER that morning to sunlight streaming through the window slats and a jagged, throbbing pain between her legs. Her throat felt as if she'd swallowed glass. Her tights had been torn down to her knees, and her tube dress bunched around her waist. Reddish blue welts surrounded her nipples—bite marks. She quickly dressed and went to wake Ortiz. "I've been raped," Helfert recalls saying. "I need you to take me to the hospital."

"I can't," he said, "but I will take you home." The car ride was silent as Helfert, reeling from the assault, tried to wrap her head around the added horror: Why wasn't her friend helping her?

Stepping out of the car, she asked, "What would you do if you were me?"

"I'd ask myself what I could have done," she says he responded, "to prevent this from happening to me in the first place." The words struck like darts. Says Helfert, "I had never felt that betrayed in my life."

Once home, she took off every article of clothing—bra, panties, panty hose, dress—and placed each in its own plastic bag. "I knew I was going to press charges," she says. From her thesis research, she knew that the Moroccan system preferred an eyewitness to prove a rape, and so the following day, she started calling people she knew at the party, but of course, no one had seen the actual attack. Rick Ortiz, who now works at the U.S. consulate in Toronto, deferred questions to a U.S. Department of Commerce spokeswoman, who declined to comment.

Wary of going to the police on her own, Helfert went to the consulate. When an American is accused of a crime overseas, a consular officer typically visits her as soon as possible. So Helfert hoped the consulate would send someone with her to make a report. "We can't," an official said, handing her a list of lawyers and translators. Helfert left the consulate in shock.

She met with a lawyer, but he wanted $5,000 as a down payment—an impossible sum. So on her own, Helfert went to the police precinct. The officers spoke no English and only a little French, so they asked her to act out what happened. On a metal chair in the cold concrete room, Helfert pantomimed her own rape. She offered her bagged clothes as evidence, but the police said they weren't necessary.

The following day, Helfert saw a gynecologist and asked for a rape kit. "He'd never done one before," she says. Helfert talked him through it, instructing him to record any proof of violent sex. He noted bruising on her inner thighs, bite marks, and internal lacerations—likely made by fingernails.

Helfert submitted that report to the police and was summoned back two days later—Azzouzi had been arrested. The police wanted to collect evidence at Ortiz's house, but he denied them access, citing diplomatic immunity.

Helfert was waiting in the same room where she had made her first report when Azzouzi was led in—because in Morocco, accusers must make charges directly to the accused. "He spat on me and called me a liar and a whore," Helfert says. "I know the police were expecting me to break down. Instead, I went completely numb."

Helfert assumed a court case would follow. But when she called two days later, she learned Azzouzi had been released. "They said since there was no eyewitness, I had no case," she explains.

She started panicking all over again. Azzouzi now knew where she lived and worked. She called Ortiz and the consulate, urging them to intervene. But the consulate staff continued to maintain that they could not get involved.

BY THE END of January, Helfert had lost her job—her employer cited cutbacks, but she believes it was due to the days she had missed after the rape. As she was figuring out her next move, she received an e-mail from an agent from the Bureau of Diplomatic Security (BDS), an agency that protects diplomats abroad. Because the crime occurred at a diplomat's residence, BDS agents had the authority to investigate and were coming to Casablanca. Helfert felt a pang of hope. She gave the agents her clothing, which they immediately transferred into paper bags—plastic bags cause condensation, which interferes with analysis. They also conducted a crime-scene investigation at Ortiz's house. "I was so relieved," Helfert says. "I was being taken seriously."

But she was also broke and unemployed. She accepted her mother's offer to buy her a ticket home. There, she began researching other cases of sexual assault abroad and was stunned to learn how little help the State Department offered. "Basically, all they can do is give you a list of lawyers and translators," she says.

PREVIOUS SPREAD: COURTESY ERIN HELFERT (2)

Shockingly, the consulate in Casablanca was following protocol.

This is not the case for other countries. If a British citizen is a victim of sexual violence abroad, the consulate assigns an officer to accompany the victim to the police and help arrange medical exams. In the case of Canada and Norway, victims may get financial assistance. Helfert dug deeper over the next few years, all the while trying to get her own rapist convicted. She found dozens of Americans who had, like herself, been assaulted while working or volunteering overseas or while on a cruise ship. "That there's no support for these victims made no sense to me," she says. "I decided to use my own story to push the U.S. government to change its policy."

She connected with Joye Frost, director of the Office for Victims of Crime at the Department of Justice. "The Victims of Crime Act doesn't mention assault abroad," Frost says. "But it's become apparent that more women need help. It's not just people traveling. It's people in college exchange programs and the military and people working and retiring abroad." At Frost's invitation, Helfert spoke alongside other survivors at a forum on the issue, detailing the urgent need for consular staff to be trained in sexual-assault sensitivity, local laws, and legal resources. Representatives from a dozen agencies attended, including the State Department, FBI, and the Office of the Vice President.

HELFERT HAD gone abroad to study the effects of sexual violence. But only now did she truly understand how hard it is to get a rape conviction overseas. A year after the assault, she moved to Washington, D.C., where she took a job with a government contractor and reconnected with Ian Campbell, a friend she had met in Paris who would become her partner. She made weekly visits to the BDS office, urging them to test the evidence. Finally, in June 2011—two and a half years after the attack—there was a break: Tests matched the DNA that had been found on her clothing to the DNA sample taken from Azzouzi by the Moroccan authorities.

The case was reopened, but in order to press it, Helfert would have to return to Morocco many times, at a cost of thousands of dollars. She sought help from groups including the It Happened to Alexa Foundation, which covers expenses for rape survivors as they go through criminal trials. "If you're raped in Miami but live in New York, the onus is on the victim to show up for hearings in Florida," says Stacey Branchini, who founded the group after her daughter was raped. She adds that more women are requesting help for incidents that happened abroad.

Over the next two years, Helfert and Campbell traveled back to Casablanca five times for court hearings. Each time, she retold her story before judges, lawyers, translators, stenographers, and the man she was dating. "I'd say 'right breast' in English, which got translated into Arabic, then repeated for the stenographer," she says. At one point, the translator asked, "What's a labia?"

Salah Azzouzi was supposed to give his story too—only he did not show up. He was sentenced to two years in prison, the maximum for rape in Morocco in absentia. What did the sentence matter, Helfert fumed, if he was nowhere to be found? "Nothing had changed for him, and yet everything had for me," she says.

"That there is no support for victims of rape overseas made no sense to me. I decided to use my story to push the U.S. government to change its policy."

Helfert called the embassy weekly for months. On a Friday in December 2013, she got the news she was waiting for: Azzouzi had been arrested. Monday morning, she and Campbell were in a packed courtroom in Casablanca.

As Helfert made her way through the cavernous room, a middle-aged woman wearing a floor-length djellaba came forward, talking in Arabic. It was Azzouzi's wife, begging her to drop the case.

Helfert found a seat toward the front of the courtroom as the inmates entered a section of the room cordoned off with plexiglass. She did not have to testify—this was an arraignment—but felt her presence was necessary to make sure Azzouzi remained in prison.

The next court date was scheduled for late January 2014. This time, the judge summoned Helfert to stand before him. Wearing a navy blue dress and high heels, she remained composed as she answered each question, her attacker standing six feet away.

After her account, Azzouzi gave his: "I've never seen this woman in my life," he said, in Arabic. When this was translated, Helfert finally exploded. "Then why was his semen on my dress?" she shouted, startling everyone.

Azzouzi didn't respond. Instead, his lawyer asked for a six-month extension. The judge granted two days—and Helfert erupted again. "I've been here seven times in three years! I am flying home tomorrow. I cannot wait any longer."

"Two days is nothing," said the judge. "And it's within his right."

Helfert rushed out of the courtroom and burst into tears. She turned to run back to confront the judge, but Campbell stopped her. "Why am I being punished for something he did to me?" she screamed. Two Moroccan women approached, patting her heart. "*Deux jours, c'est tout. Tu es forte*," they said. Two days, that's all. You are strong.

Two days later, Helfert was back in the courtroom. Azzouzi's lawyer questioned the DNA test, concluding, "Sperm cannot live after three years, therefore, the results are invalid." Helfert felt a familiar anger bubble up but kept quiet. The prosecutor responded, "Have you been watching too much *CSI: Miami*?" Laughter rumbled through the courtroom. "A foreigner has been raped in our country," the prosecutor said. "The DNA evidence cannot be refuted."

Helfert had to fight back tears. After five years, she said, "Someone finally defended me."

The judge sentenced Azzouzi to six years in prison, his sentence extended because he had evaded arrest. It was the first case in Morocco to use DNA to convict a rapist. And thanks to advocacy by Helfert and fellow survivors, the Office for Victims of Crime received money from Congress in 2014 to fund an organization called Sexual Assault Support and Help for Americans Abroad. "I'll never be the same," says Helfert. "I hope others may see my experience as a catalyst to oppose all violence against women. I've met so many brave survivors at home and abroad. I hope they know how much their story matters." ■

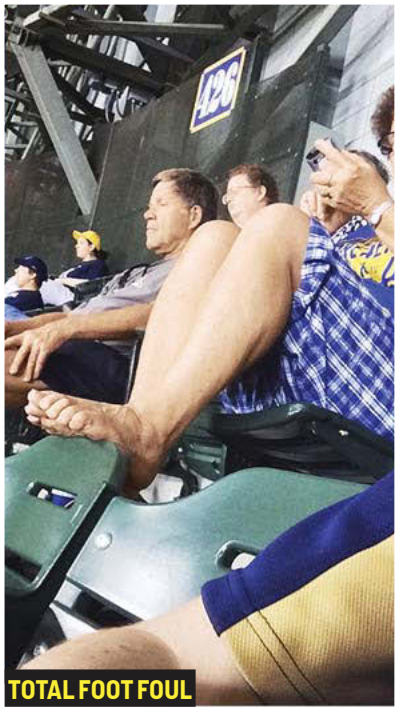
FOOT FAIL BITCH IT OUT! SPECIAL

Crazy situation working your last nerve? Vent here!



SPACE INVADER

"This lady had the nerve to bump my headrest just to get her feet up...and didn't even apologize." —ANGIE J., 27



TOTAL FOOT FOUL

"This woman had her incredibly stank-ass feet propped up behind us the entire game on a humid 80-degree night." —MICHELLE D., 25



PROVEN GUILTY

"As if jury duty wasn't bad enough." —MICHELE A., 26

ANNOYED BEYOND BELIEF? E-MAIL INBOX@COSMOPOLITAN.COM (SUBJECT: BITCH IT OUT) TO SHARE YOUR PET PEEVE (AND PHOTO). IF WE PRINT YOUR SHOT, WE'LL GIVE YOU $50!

Shopping Information

INTERIOR COVERS

Page 3: Emilio Pucci—Pucci boutiques in Aventura, Fla., Design District in Miami, and Madison Avenue, NY. **Casadei**—amazon.com. **Smith + Mara**—smithandmara.com. **Page 5: J. Mendel**—J. Mendel, 787 Madison Avenue, NY, jmendel.com. **Chanel**—select Chanel boutiques, 800-550-0005. **Page 7: Anthony Vaccarello X Versus Versace**—select Versace Boutiques 888-721-7219, versusversace.com. **Dior**—Dior boutiques nationwide, 800-929-DIOR. **Coléoptère**—matchesfashion.com.

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Page 9: Ann Taylor—anntaylor.com. **Piamita**—matchesfashion.com. **DKNY**—dkny.com. **Charline De Luca**—charlinedeluca.com. **Lele Sadoughi**—lelesadoughi.com. **Saskia Diez**—saskia-diez.com. **Calvin Klein Collection**—calvinklein.com/collection. **Public School**—publicschoolnyc.com. **Neil Barrett**—neilbarrett.com. **Calvin Klein**—calvinklein.com. **Converse Chuck Taylor All Star**—converse.com.

CONTRIBUTORS

Page 18: Versace—select Versace boutiques, 888-721-7219. **Estée Lauder**—esteelauder.com. **Hoorsenbuhs**—Barneys New York, hoorsenbuhs.com.

IN HER OWN WORDS

Page 22: Mugler—Neiman Marcus. **White Moth Jewelry**—whitemothjewelry.com.

WHAT'S SEXY FOR JANUARY

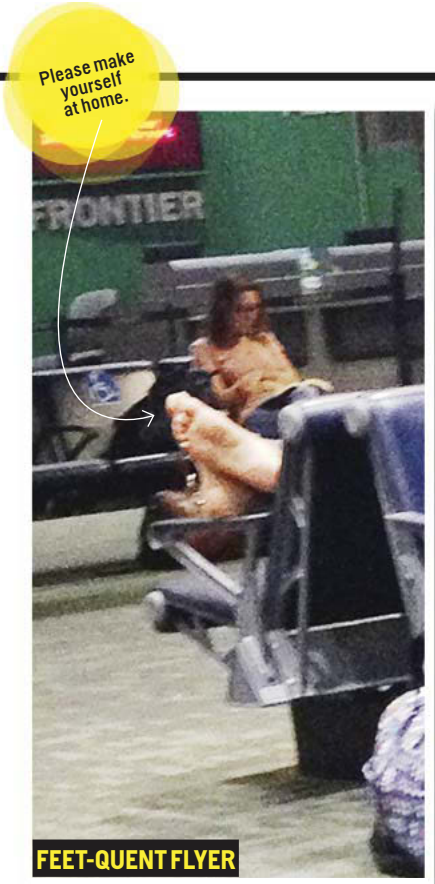
Page 81: Lisa Marie Fernandez—shopbop.com. **Repossi**—barneys.com.

CANDID CAMERON!

Page 82: Calvin Klein Collection—Calvin Klein Collection, 654 Madison Avenue, NY. **Dior**—Dior boutiques nationwide 800-929-DIOR. **David Webb**—David Webb, 942 Madison Avenue, NY. **Page 84: Lancôme**—lancome.com. **Page 85: Narciso Rodriguez**—narcisorodriguez.com. **Sportmax**—Sportmax, 450 West Broadway, NY. **Charvet**—saksfifthavenue.com. **Coléoptère**—matchesfashion.com.

GO WHERE THE NIGHT TAKES YOU

Page 86: Valentino—Valentino boutiques. **Erickson Beamon**—net-a-porter.com. **Maison Martin Margiela Heritage Fine Jewelry Collection**—Maison Martin Margiela boutiques, 212-989-7612. **Page 87: Boss**—Hugo Boss stores 800-HUGO-BOSS, hugoboss.com. **Reece Hudson**—Bergdorf Goodman, bergdorfgoodman.com. **Jennifer Fisher**—jenniferfisherjewelry.com. **Michelle Campbell**—campbelljewelry.com **Saskia Diez**—Opening Ceremony, saskia-diez.com. **Public School**—publicschoolnyc.com. **Neil Barrett**—neilbarrett.com. **Calvin Klein**—calvinklein.com. **Converse Chuck Taylor All Star**—converse.com. **New York Vintage Inc.**—New York Vintage Inc, 212-647-1107. **Page 88: Marc Jacobs**—marcjacobs.com. **DKNY**—select DKNY locations. **Schutz**—Schutz, 655 Madison, NY, shop.schutz-shoes.com. **Charlotte Simone**—Kirna Zabete, charlottesimone.com. **New York Vintage Inc.**—New York Vintage Inc, 212-647-1107. **Saskia Diez**—Opening Ceremony, saskia-diez.com. **Maison Martin Margiela Heritage Fine Jewelry Collection**—Maison Martin Margiela boutiques, 212-989-7612. **Calvin Klein Collection**—Calvin Klein Collection, 654 Madison Avenue, NY. **Common Projects**—odinnewyork.com.



FEET-QUENT FLYER

"I didn't know the airport was your living room." —**ANN P., 27**



GROUND CONTROL

"Barefoot in a coffee shop...gross!" —**HAILEY H., 25**

Page 89: Boss—Hugo Boss stores,800-HUGO-BOSS, hugoboss.com. **Giuseppe Zanotti Design**—Giuseppe Zanotti Design boutiques, New York, 212-650-0455. **Eddie Borgo**—Bergdorf Goodman, 212-872-8901. **Pantene**—drugstores.
Page 91: Marc by Marc Jacobs—Marc by Marc Jacobs stores. **Michelle Campbell**—shopbop.com. **Shaun Leane**—Neiman Marcus, San Francisco, 415-362-3900. **Pamela Love**—neimanmarcus.com. **Bare Collection for Hatch Jewelry**—hatchjewelry.com. **Michelle Campbell**—Bergdorf Goodman. **Tom Ford**—tomford.com.
Page 92: Camilla and Marc—camillaandmarc.com. **Brian Atwood**—brianatwood.com. **Kotur**—koturltd.com. **Lele Sadoughi**—lelesadoughi.com. Neil Barrett—neilbarrett.com. **Lucio Castro**—Saks Fifth Avenue. **Common Projects**—odinnewyork.com. **New York Vintage Inc.**—New York Vintage Inc., 212-647-1107.
Page 93: Michael Kors—select Michael Kors stores. **Jill Stuart**—Jill Stuart, 466 Broome St, NY, jillstuart.com. **Sarah Magid Jewelry**—Arrow, Minneapolis, sarahmagid.com.

WAKE UP HOTTER
Page 95: Lancôme—lancome.com. **Bare-Minerals**—bareminerals.com. **Estée Lauder**—esteelauder.com. **Too Faced**—toofaced.com. **Dolce & Gabbana**—nordstrom.com. **Dior**—Sephora. **Fresh**—fresh.com. **Neutrogena**—drugstores. **Olay**—drugstores. **Avene**—aveneusa.com.
Page 96: VioLife—Ulta. **Kora Organics**—koraorganics.com. **Gillette**—drugstores. **R+Co**—randco.com. **Bliss**—blissworld.com. **Pinch**—pinchprovisions.com.
Page 99: Bobbi Brown—bobbibrowncosmetics.com. **Chanel**—chanel.com. **Dior**—dior.com. **Urban Decay**—Sephora. **Elizabeth & James**—sephora.com. **Krigler**—krigler.com. **James Read**—net-a-porter.com. **Fresh**—fresh.com. **Clinique**—clinique.com.

READER FEEDBACK SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. There are two (2) ways to enter beginning December 1, 2014, at 12:01 a.m. ET through December 31, 2015 at 11:59 p.m. ET: Either go to JanurarySurvey.Cosmopolitan.com on a computer or wireless device, and complete and submit the entry form pursuant to the onscreen instructions. One (1) grand-prize Winner will receive $5,000, one (1) first-place winner will receive $500, and (10) runner-up winners will each receive $100. Total ARV: $6,500.00. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at JanurarySurvey.Cosmopolitan.com.

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NO PURCHASE NECESSARY TO ENTER OR WIN. Element: Daily Yoga DVD Sweepstakes Sponsored by Hearst Communications, Inc. To enter, beginning December 2, 2014, at 12:01 a.m. ET through January 13, 2015, at 11:59 p.m. ET, go to Cosmopolitan.com/ElementYoga2014 on a computer or wireless device, and complete and submit the entry form pursuant to the onscreen instructions. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Twenty-five (25) winners will receive an Element: Daily Yoga DVD (ARV: $14.98). Must have reached the age of 18 or older and be a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico or where prohibited by law. Sweepstakes subject to complete official rules available at Cosmopolitan.com/ElementYoga2014.

COSMOPOLITAN ADIDAS SWEEPSTAKES
NO PURCHASE NECESSARY TO ENTER OR WIN. Adidas Goodies Sweepstakes, Sponsored by Hearst Communications, Inc. To enter beginning December 2, 2014, at 12:01 a.m. ET through January 13, 2015, at 11:59 p.m. ET, go to Cosmopolitan.com/Adidas2014 on a computer or wireless device, and complete and submit the entry form pursuant to the onscreen instructions. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One (1) winner will receive the following Adidas products: AdiStar Boost Shoes (ARV: $170), Squad 2 Duffle Bag (ARV: $45), Ultimate Fleece Sweatshirt (ARV: $55), Supernova Race Bra (ARV: $40), Climachill Tee ($45), and Supernova Three-Quarter Black Tights (ARV: $65). Total ARV: $420. Adidas will fulfill the size of the winner. Must have reached the age of 18 or older and be a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico or where prohibited by law. Sweepstakes subject to complete official rules available at Cosmopolitan.com/Adidas2014.

Cosmo Quiz

ARE YOU TOO OBSESSED WITH PINTEREST?

BY ANNA BRESLAW

1. DIY crafts are:

- a. …Ain't nobody got time for that.
- b. *Ew.* You get what you pay (or don't pay) for.
- c. …Why? Do you need some?! I can make you a purse out of a tampon and kibble.

2. Your lifestyle idol is:

- a. Olivia Pope.
- b. Gwyneth Paltrow.
- c. Lauren Conrad.

3. Gotta get to work! You open your closet and reach for:

- a. One of the Hillary-inspired pantsuits you take turns boring your coworkers with.
- b. The Céline pants you're obsessed with…for the next five minutes.
- c. An authentic 1950s handmade patchwork swing dress that's more "mothball" than *Mad Men*.

4. Your dream guy is:

- a. The one you've been dating since you were 15.
- b. Jack Ma.
- c. Literally anybody, as long as you can have his-and-hers pillows.

5. Your dream wedding venue can best be described as:

- a. City Hall.
- b. Four Seasons + Bali + Vera Wang herself.
- c. A rustic (read: slightly dilapidated) barn, lovingly festooned with twinkly candles in mason jars.

6. When preparing for a dinner party, your routine is to:

- a. Keep Chipotle on speed dial. Hey, it's locavore!
- b. Hire Victoria Beckham's personal chef to provide artisanal quinoa muffins.
- c. Get so distracted building a paleo/vegan recipe board that you forget to cook.

7. Your BFF asks you to throw a bridal shower. You:

- a. Ask her if she's been smoking rock lately.
- b. Promptly hire Mariah Carey to perform acapella baby-related songs.
- c. Hand-calligraph until you have a breakdown.

BREAKDOWN

Mostly A's *Stiff as a Board*

Damn, girl, the only board in your life is up your a*s. Your no-frills practicality is great, but Pinterest isn't just for foofy girlie-girls—it also contains the kind of life hacks you thrive on. Just search *wardrobe organization*. The results will feel like a magical gift from the anal-retentive fairy.

Mostly B's *Part-Time Pinner*

Rather than using it for the clever $$$-saving hacks, Pinterest ends up being your excuse to run out and drop some Benjamins on street-style outfits. You fear tackiness the way most people fear contagion or large, rabid animals. Why not glance at some clever ways to get the look for less? You'll get the same fashion eye-candy with a smaller price tag.

Mostly C's *Pin or Die*

Your sock bun is so tight that you've lost touch with reality. You dream of getting married inside a giant mason jar. But you're so obsessed with making everything a perfectly crafted, picturesque, quaint quirk-fest that you're missing it all! Take a second to enjoy yourself without worrying whether you're emulating Zooey Deschanel enough.

GETTY IMAGES (20)

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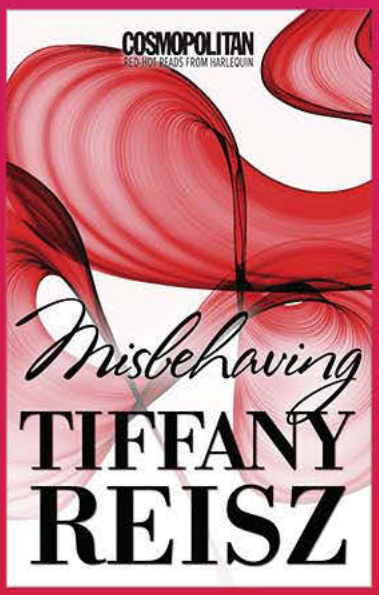
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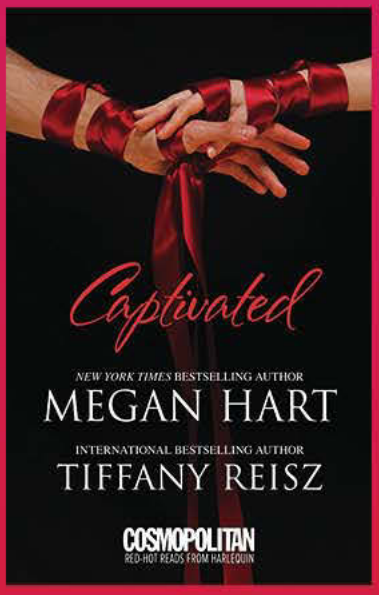
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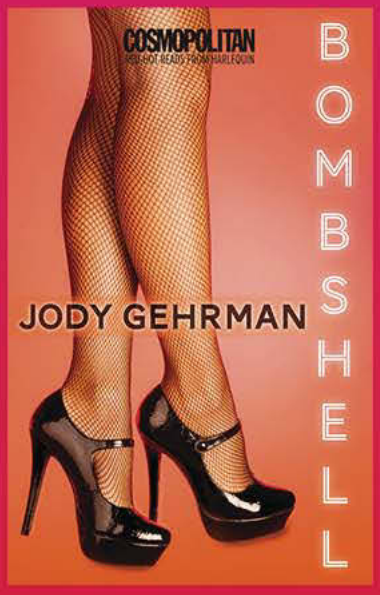
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2015 *bedside* ASTROLOGER

THIS YEAR, AS YOU REACH FOR THE STARS, LET OUR HANDY LITTLE GUIDE TO THE ZODIAC HELP YOU GET WHAT YOU WANT. HOW CAN YOU PLAY UP YOUR ASSETS AND AMP UP YOUR LOOK? WHAT'S NEXT FOR YOUR CAREER? WHICH DAYS COULD YOU MEET A GUY JUST RIGHT FOR YOU? FOLLOW THE SIGNS FOR YOUR BEST, BRIGHTEST, AND SEXIEST YEAR YET!

By Aurora Tower

EDITED BY LAURA BROUNSTEIN AND ANGELA LEDGERWOOD



CHRIS CRAYMER/TRUNK ARCHIVE; GETTY IMAGES. ILLUSTRATIONS, SUBSEQUENT PAGES: PATRICK GEORGE.

03.21–04.20

aries

AMBITIOUS • *enthusiastic* • FIERCELY FABULOUS

Booties, American Eagle Outfitters, $59.95, ae.com

Bobbi Brown Warm Glow Eye Palette, $75, bobbibrown.com

Dress, Yoana Baraschi, $499, yoanabaraschi.com

Red-Hot Romance Days

February 22
April 4
November 8



WOMEN HOLD ALL THE CARDS IN WINTERSON'S WORLD—A PERFECT TALE FOR POWERFUL YOU.

Sexing the Cherry, by Jeanette Winterson, $12.30, barnesandnoble.com

Laura Geller Lasting Love Lip Stain in Crimson Crush, $16, qvc.com

sexycast This is an especially great year for you! The heavens are supporting you—oh, confident and fiery lady—with lots of planets in fire signs to boost your creativity and charisma even more. You're a magnet for poetic, dreamer types who feed your passionate nature. You may not have to look far afield, as love might blossom with someone you've been overlooking in your larger circle of friends.

Take some time to reevaluate your relationship patterns and think about what hasn't been working. By fall, you'll be ready to make the most of an amazing chance for a true connection.

lifecast You like to keep dashing along to the next great adventure, but this year, slow down a bit and pay attention so you can clear out some of the clutter in your life. Start with streamlining your spaces so you can be more productive. Then update your fitness routine so it really works for where your life is now. That way, when a new and potentially profitable direction presents itself at work—which will happen faster than you'd imagine—you'll be in the right frame of mind to make the most of it.

In both April and September, friends you've been good to may be the key to fantastic, life-changing moments.

Acqua di Parma Colonia Leather Eau de Cologne, $210, bloomingdales.com



Origins Mega-Mushroom Soothing Face Cream, $63, origins.com



MIRANDA KERR
04.20.83

Days You Will Be a Star at Work

February 19
May 30
August 24

Bag, Joy Gryson, $395, joygryson.com

STYLECAST

Uncomplicated styles with a hint of sparkle make you feel comfortable and in control. Try understated accessories with a touch of glamour.

Bralet, $565, **brief**, $495, Layneau, layneau.com







GIRL TWIRL Swing your legs across him, and swivel around like a corkscrew for a power twist on cowgirl.

MAKE IT HOTTER Up the sexy vibe with a finger vibe (your finger or his). The angle of penetration + clitoral love = seeing stars.

THIS PAGE: **BEN GOLDSTEIN/STUDIO D, CHRIS COPPOLA/STUDIO D, JON PATERSON/STUDIO D,** CLOCKWISE FROM BOTTOM LEFT: GETTY IMAGES (3); KRISTIN MCKEE/STOCKSY. OPPOSITE PAGE: **BEN GOLDSTEIN/STUDIO D, CHRIS COPPOLA/STUDIO D, JON PATERSON/STUDIO D,** GETTY IMAGES (5).

taurus

04.21–05.21

PERCEPTIVE • *sensual* • DECADENTLY RAVISHING





Shoes, Kate Spade New York, $328, katespade.com



Cupcake wrappers, Anthropologie, $20, anthropologie.com

Days You Will Be a Star at Work

January 5
May 26
August 7



MEGAN FOX
05.16.86

Red-Hot Romance Days

March 17
July 4
November 2

STYLECAST

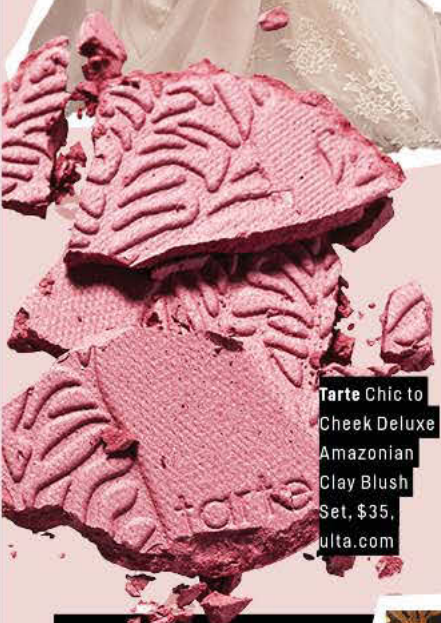
Lush, feminine styles flatter your luxury-loving yet earthy nature. Embrace it, and fill your home and your closet with beautiful things this year!

sexycast Love is in the air! Whether you are single or paired up, expect romance to flourish in 2015. You love being pampered and adored—and a sentimental guy who wants to do just that may rock your world. He may even prompt you to try some exotic things in the bedroom. When you find a guy who engages your carnal side and appreciates your dreams and goals, consider next steps, because this year might find you ready to take things to the next level romantically. If you feel like you're really yourself with him, go for it!

This spring and summer, especially July, are very sexy, so be honest about what you really want and look forward to a steaming-hot summer!

lifecast This is a fabulous year for meeting personal as well as professional goals! No one is better at creating and finding situations where you can thoroughly enjoy yourself while still getting the job done, and that will serve you well this year. New opportunities will bring new responsibilities, but don't worry, you're ready. Your natural humor and playfulness are your best ally in ensuring that your winning streak will continue and you'll thrive.

Prioritize making strong alliances in your field. Business partnerships you start now could be very successful and pay off this summer.



Tarte Chic to Cheek Deluxe Amazonian Clay Blush Set, $35, ulta.com



Aerin Rose Hand and Body Cream, $40, aerin.com



Dior Addict Gloss in Gold Rain #164, $29.50, dior.com

Roses de Chloé Eau de Toilette, $95, Nordstrom



Bag, Express, $29.90, express.com



Eye mask, Maison de Papillon, $39, maisondepapillon.com



Cami, Cami NYC, $138, caminyc.com

THE TITLE SAYS IT ALL: THIS CLASSIC ABOUT A POWERFUL, IN-LUST WOMAN WON'T DISAPPOINT.

Venus in Furs, Leopold von Sacher-Masoch, $10.08, amazon.com





MAGIC MOUNTAIN Turn your pillow fort into a sex palace by falling into a pile of fluffy cushions and having him enter you from behind.
MAKE IT HOTTER Straighten one knee (any knee!) for a brand-new, more intense angle of penetration.

gemini

05.22–06.20

PLAYFUL • *resourceful* • SPIRITEDLY FLIRTATIOUS

Clutch, Lulu*s, $73, lulus.com



Butter London Wink Colour Mascara in Indigo Punk, $20, butterlondon.com



ZOË SALDANA
06.19.78

R+Co Bel Air Smoothing Conditioner, $25, randco.com

sexycast You are headed toward the relationship you've always dreamed about but were afraid you'd never find. This year, you'll get there by realizing what you need—true passion with someone who inspires you. Don't settle for less. Once you find him, nurture the romance by doing all the small, personal things you can to show your love you care—in a style all your own. Love could also blossom through friends this year, so let your social side shine. Don't be afraid to explore an unconventional relationship that may open up new doors for you.

June and August are especially hot months for romance, so say yes to an unexpected trip. Being open to adventure could set the stage for fireworks.

lifecast You have the chance to put your stamp on something exciting this year! Expressing your distinct point of view is important, as is doing your research and talking to people in your field to widen your network and perspectives. You're a skilled communicator, so if you develop your writing and speaking skills and style, it may lead to being published or being on TV.

Lay the groundwork during the first half of the year, so when your moment to shine arises, you can make the most of it and strut your stuff.

Days You Will Be a Star at Work

March 13
May 11
August 11

Red-Hot Romance Days

February 26
June 2
December 30



Dress, Clover Canyon, $341, Saks Fifth Avenue, clovercanyon.com





Shoes, Schutz, $180, piperlime.com

Smith and Cult Nailed Lacquer in Cut the Mullet and Plastic Beach, $18 each, net-a-porter.com

STYLECAST

Colorful and whimsical designs make you happy, so brighten your world with poppy pieces that show off your quirky coolness.

Bra, $62, **thong**, $22.50, Claudette, brooklynfox.com



THIS TWO-BOOK FUTURISTIC SUSPENSE-FEST PLAYS TO A GEM GIRL'S INNATE SENSE OF ADVENTURE.

Prototype, $18.79, *Archetype*, $19.53, by M.D. Waters, amazon.com



TIME BOMB For a fun challenge: Straddle that boy, and see how long you can ride high before lowering yourself all the way.
MAKE IT HOTTER Tease him by freezing the action right before he's about to O. Wait a beat, then go nuts.

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06.21–07.22

cancer

TASTEFUL • *caring* • CLASSICALLY CHIC



YOU'LL RELATE TO THIS DETERMINED COED SEEKING TO NAVIGATE LOVE AND UNLOCK HER FAMILY'S SECRETS.

Wildalone, by Krassi Zourkova, $19.25, amazon.com





Dress, T by Alexander Wang, $215, alexanderwang.com



SOLANGE KNOWLES 06.24.86

YSL Couture Palette in Rive Gauche, $60, ysl beautyus.com

Bike, Electra, electrabike.com

Red-Hot Romance Days

May 7
July 1
December 5

sexycast Your love life is active this year! You are on the go and meeting new people who will introduce you to fresh ideas and possibilities. Community and philanthropic work, where you can make a mark with your clear thinking and conscientious ways, will be ideal situations for you to make connections that could lead to romance. Enjoy the whirl and be your amazing self and the right guy will be drawn to you.

Someone surprising may sweep you off your feet this summer, but if you keep your wits about you while having fun, this one could go the distance.

lifecast This is a great time to kick it up a notch at work! You are thinking creatively and aren't afraid to pursue new and unusual ideas that just might work better than anyone could have anticipated. Invest time in learning this year, whether that means taking a class in coding or seeking out a mentor. New skills will help you raise your profile, as long as you don't lose sight of the details. The more organized you are, the stronger foundation you'll have to build on.

Strategic alliances you make this summer with VIPs in your industry will help you get recognized and take your career to the next level.

STYLECAST

Blue and white create a framework for your creativity. Mix in cool metallics to show off your glamorous side.

Bra, $38, **panty,** $24, Affinitas Intimates, biggerbras.com

Hermes Eau de Narcisse Bleu Hair and Body Shower Gel, $41, hermes.com for stores



Verb Sea Spray, $14, verbproducts.com



Shoes, Zara, $99.90, zara.com

Days You Will Be a Star at Work

March 31
June 24
November 22



TIGHT SQUEEZE Bask in that secure feeling you crave by crossing your ankles as he enters you. **MAKE IT HOTTER** Change it up by rolling into spoon sex while he's still inside you.

leo

07.23–08.22

BRAVE • *regal* • **POWERFULLY EXCITING**

Shoes, My Delicious, $23, lulus.com

Too Faced Pink Leopard Blushing Bronzer, $30, sephora.com

Frame, Ralph Lauren Home, starting at $595, ralphlaurenhome.com

Jacket, Smythe, $595, blacklabelboutique.com

Bag, Michael Michael Kors, $188, available at select Michael Kors lifestyle stores

Gucci Guilty Eau de Toilette, $99, Macy's

sexycast Get ready: 2015 is an especially sexy year for you. You may be exploring new things in the bedroom that will rock your mind—don't be afraid to get wild! The right guy will bring out that adventurous side of you, but you will have sweet, homey moments too. When you find someone you can create domestic routines and rituals with who also keeps things surprising between the sheets, you've struck gold. This is the time to let someone in...and even take care of you a little bit.

This summer, you'll thrive when you embrace compromise and allow your relationship to evolve into something even better than you could have orchestrated!

lifecast You are transforming your career this year! Think of ways to get more creative with what you do and you'll be amazed by the success that comes to you. When you're inspired by a project or someone you're working with, you're at your best, so push for opportunities that let you explore things that matter to you. When you do, everything will come together—and you'll blow everyone away by how innovative and effective you are.

Don't fear unusual business alliances this winter. Set concrete goals for your financial life, and by the end of the year, you'll see some amazing results.

Days You Will Be a Star at Work

April 15
August 8
October 9

CARA DELEVINGNE 08.12.92

Red-Hot Romance Days

January 19
June 6
July 31

STYLECAST

Dramatic blacks and golds and opulent materials make you glow, so dress yourself and your home like the queen of the jungle you're meant to be.

Clinique Up-Lighting Liquid Illuminator in Natural, $26, clinique.com

Bra, $255, **brief**, $145, Harlow and Fox, harlowandfox.com

YOU DO DRAMA, SO THIS D.H. LAWRENCE CLASSIC OF FORBIDDEN LOVE IS A LITERARY TURN-ON.

Lady Chatterley's Lover, by D.H. Lawrence, $18.90, barnesandnoble.com

THE PASSION PRETZEL Get all tangled up in the best way: Kneel face-to-face as you go at it. The results will be explosive. **MAKE IT HOTTER** Slide back to missionary, with one leg straight and the other hooked over his back.

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2015 BEDSIDE ASTROLOGER

08.23–09.22

virgo

THOUGHTFUL • *curious* • ELEGANTLY REFINED



BEYONCÉ 09.04.81

Jo Malone London White Jasmine and Mint Body Lotion, $55, jomalone.com



Chanel Camélia de Plumes Highlighting Powder, $72, chanel.com



Red-Hot Romance Days

January 27
April 4
July 18





Dress, C/MEO Collective, $172, revolveclothing.com

Eve Lom Moisture Mask, $90, evelom.com

WAY BEFORE *FIFTY SHADES OF GREY*, THIS EROTIC FAIRY TALE BLEW READERS' MINDS.

The Sleeping Beauty Trilogy set, by Anne Rice, $28.99, amazon.com

sexycast Your social life is in overdrive! Balancing you-time and your many friends and suitors will be a big part of your year. You like to be behind the scenes, but push yourself to take control of some situations and relationships in your life. You'll find you get more out of everything. Taking more of a leadership role in your group will give you a boost of confidence. And when an ex or old friend reappears, you'll see new aspects of each other. Be open to the idea that you both may have grown—it might be worth another shot.

Whether with an old flame or someone new, this fall, you can look forward to an emerging dynamic of both passion and contemplation.

lifecast You're entering a period of change, which can be hard but will be for the best. It might mean switching jobs or finding new ways to make your current job more rewarding. Think about your true desires and you'll be able to clarify your goals and find creative ways to reach them. You look out for everyone else, but trust that your team really has your back.

Major transformations will come this spring, but if you're true to yourself, you'll find yourself in a much better position than ever before.

STYLECAST

Uncomplicated, smart styles are your trademark, so pare down your palette this year so every piece feels even more like an evocation of you.



Clutch, Guinevere & Co., $85, 818-988-6180

Days You Will Be a Star at Work

May 1
August 12
September 24



Shoes, Ivanka Trump, $135, Nordstrom



Lingerie, Curriculum Vitae, $150, shopbop.com



THE MERMAID Lie faceup on a table to get your O on, Virgo!
MAKE IT HOTTER Spread your legs ever so slightly, reach down, and touch your clitoris. Yes, please!

2015 BEDSIDE ASTROLOGER

09.23–10.22

libra

CONSIDERATE • *sociable* • WINNINGLY CHARMING



Dior 5 Couleurs Couture Color Eye Shadow Palette in Candy Choc #676, $60, dior.com



Headphones, BaubleBar x Frends, $175, baublebar.com

Shoes, Isaac Mizrahi, $130, isaacmizrahi ny.com





Estée Lauder Perfectionist [CP+R] Wrinkle Lifting/Firming Serum, $95, esteelauder.com

sexycast Love could blossom in the most unlikely places this year! You shine when you're at the center of a happy group, so revel in your natural role as the hostess. Bringing friends together could put you in contact with an exciting man who will cherish you. Make sure you dedicate time for just the two of you, so you can get to know each other and create a real bond. Open yourself up to being intimate, physically and with your emotions. You like harmony, but prioritize being honest, even if some things are hard to say.

Taking a trip could lead to love this spring, either with someone new you meet or because sparks really start to fly while traveling with your current beau. Bon voyage!





Dress, Cynthia Rowley, $398, cynthia rowley.com

Red-Hot Romance Days

February 20
September 27
November 8

lifecast This is a dynamite year for you to put your plans into action and get things done! Since you are so considerate, you sometimes wait for consensus from others before acting, but seize opportunities that come your way without hesitation. Work involving writing, retail, arts, and education will go extremely well, so you may want to move into any of these areas if you are searching for a new job.

This fall will be an awesome time to reconnect with a childhood passion or hobby of yours, because it could unlock a new path to success for you.



FREIDA PINTO 10.18.84

Bra, $146.08, **brief**, $111.38, Fleur of England, fleurofengland.com

STYLECAST

You love to be surrounded by beautiful things. You feel in sync when everything looks, feels, and smells like heaven, so keep primping and indulging!



Clinique Cheek Pop in Plum Pop, $21, clinique.com



Casa Dragones Tequila Blanco, $74.99, Crush Wine & Spirits, crushwineco.com

Days You Will Be a Star at Work

April 10
July 9
November 12

YOU'LL BE DRAWN INTO THIS STORY OF OBSESSION AND PASSION BETWEEN THE ARTIST AND HIS APPRENTICE/MUSE.

Rodin's Lover, by Heather Webb, $12, amazon.com





PLEASURE PICK-ME-UP Wrap your legs around him and let someone else do the work, lounging Libra. **MAKE IT HOTTER** Arch your back and swirl your hips in a circle for extra G-spot stimulation. P.S. This counts as yoga for the week.

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2015 BEDSIDE ASTROLOGER

10.23–11.21

scorpio

SEDUCTIVE • *resilient* • MYSTERIOUSLY IRRESISTIBLE



KATY PERRY 10.25.84

Dolce & Gabbana The Lipstick in Real Red Collector's Edition, $33, Saks Fifth Avenue

Guerlain Météorites Perles d'Etoiles Illuminating Pearls, $60, Saks Fifth Avenue

Speaker, Geneva Lab, $249, shophorne.com

Red-Hot Romance Days

March 17
December 5
October 27

STYLECAST

You rock sexy reds, blacks, and lace better than any girl in the zodiac. Don't shy away from your signature look: the dark glamour you wear so well.

Tom Ford Jasmin Rouge Body Moisturizer, $65, tom ford.com

THE BOLD, SEXY ADVENTURES IN THIS ONCE-BANNED CLASSIC WILL LIGHT YOUR FIRE.

Tropic of Cancer, by Henry Miller, $7.98, amazon.com

sexycast Mark this year for the history books: Your love life will reach a brand-new level this year, and your wildest dreams will come true! The trick will be getting rid of relationship baggage that has been holding you back. That may require cleaning out your ex or FWB house, but it also might mean trying to be as open as possible with whomever you're seeing. Don't let past messy romances affect how you engage with a new prospect. A thoughtful guy—which is who you should hold out for—will appreciate when you're honest with your feelings.

Holiday time will be an especially steamy season for you, so get ready to expand your horizons in the boudoir!

Jeans, Hudson Jeans, $220, hudson jeans.com

Days You Will Be a Star at Work

January 2
April 12
July 24

lifecast Evolution is in order, but once you decide on a direction, you'll take off like a rocket ship! This might not mean changing jobs; it might mean a reengagement with what you're already doing. Whichever, once you tune in to your legendary focus and commit, you will see results, especially if you work on the technology. If travel opportunities come up, jump at them—they could lead to growth. Embrace that your world is expanding and it's good.

Early in the year, a conversation about your ambitions could lead to recognition that you've never allowed yourself to imagine before.

Skirt, Banana Republic, $89.50, banana republic.com

Bag, ASOS, $48, asos.com

Shoes, Call It Spring, $44.99, callitspring.com

Lingerie, L'Agent, $66, net-a-porter.com

BOY ON THE SIDE You devil, tease him by turning your back to him before he enters you. **MAKE IT HOTTER** Open your legs slightly to give him more access to your *Inside Edition*—then close them for a tighter angle.

11.22–12.21

sagittarius

OPTIMISTIC • *adventurous* • **FREE-SPIRITED**

Boots, Stuart Weitzman, 212-750-2555



Red-Hot Romance Days

March 20
April 11
November 25



Tory Burch Lip Color in Swizzle, $32, nordstrom.com

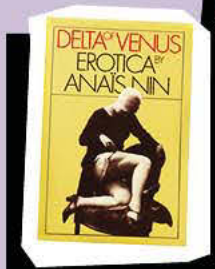


VANESSA HUDGENS 12.14.88



Dress, Nanette Lepore, $548, nanettelepore.com

Bra, $48, **shorts**, $21, Splendid Intimates, splendid.com



THESE POETIC TALES OF SEXUAL ADVENTURE WILL APPEAL TO YOUR WANDERLUST-Y NATURE.

Delta of Venus, by Anaïs Nin, $11.98, amazon.com

sexycast

You're feeling confident this year, which is always an aphrodisiac for men! Driven by your endless curiosity, in the past, you've treasured independence above all else. But now, your innate warmth and emotional steadfastness will lead you to a true love. He will have an intellectual streak and be able to hold his own in conversation—you'd be bored by someone who couldn't. If you slow down long enough to let him in, you'll find it worth the pause. But nothing is totally smooth sailing. With all this excitement in the air, you may get thrown a few curveballs. Your flexible attitude will be your best ally to keep things from getting too off-balance.

Exciting opportunities this spring will show you that you're on the right track.

lifecast

You have clear goals this year and every tool to make your dreams come true! Creative pursuits seem especially promising. You are famous for having good luck and can sometimes wait for opportunities to fall in your lap, but this year, you can reach out and take what you want. Don't be too open about your plans, save for a few close confidantes. Put the pedal to the metal and just go for it!

By the second half of the year, your strong work ethic and determination will have shown those in charge that you're one to be reckoned with.



Tom Ford Velvet Orchid, $112, tomford.com



Spice collection, The Spice Lab, $49.95, thespicelab.com

Days You Will Be a Star at Work

March 3
August 12
September 13

STYLECAST

Bohemian and colorful looks let your effervescent nature express itself, so keep feathering your nest with treasures you find on your travels.



Cape, Aerie, $44.95, aerie.com



LAP LIMBO Your next big adventure? Girl-on-top chair sex with your legs thrown over his shoulders. You sexual risk taker, you!
MAKE IT HOTTER Give your clit some extra lovin' by lowering your feet and grinding against his pelvis.

capricorn

12.22–01.19

CONFIDENT • *cool* • A LITTLE BIT NAUGHTY

Red-Hot Romance Days

January 4
May 7
December 25

sexycast You will attract no shortage of admirers this year! You're finally figuring out how to really tap into your inner core of confidence and go for what—and whom—you most want in a relationship. Keep your eyes open for a partner who's strong enough to be similarly forthright and things might get fiery fast. Love could blossom on a trip, so pull the trigger on that vacay you've been daydreaming about. But don't tumble too fast—this could be the real thing, so handle with care.

You will shine especially bright in August, so say yes to party and weekend-getaway invites and be prepared to flirt up a late summer storm.

lifecast You are on a roll at work right now, and organization is the key. Streamlining your routine and getting into a schedule that's comfortable and productive will give your creativity a solid foundation to flourish. Dramatic Leo is a strong presence for you this year and will deliver the encouragement you need. It's time to take the lead and show higher-ups that your comfort with the glamorous side of your business is backed up by your deeply practical nature.

Increased visibility in the workplace will create opportunities for you to make unusual business alliances this winter that will help your career thrive.

Marc Jacobs Beauty Style Eye-Con No.3 Plush Shadow in The Mod 112, $39, sephora.com

Vest, Rebecca Minkoff, $598, rebeccaminkoff.com

KATE BOSWORTH
01.02.83

Smashbox Be Legendary Lip Gloss in Posy Pink, $20, smashbox.com

STYLECAST

Clean lines with a hint of sparkle make you feel comfortable and in control. Accessorize your home and your look with understated yet glamorous pieces.

Clutch, Deux Lux, $45, deuxlux.com

Bra, $162, **thong**, $108, **suspender**, $135, Edge o' Beyond, edgeobeyond.com

Skirt, Ann Taylor, $109, anntaylor.com

Shoes, Club Monaco, $298, Club Monaco stores

Days You Will Be a Star at Work

March 25
August 28
September 5

YOU'RE MORE PRACTICAL THAN THIS PROTAGONIST, BUT YOU'LL BE SEDUCED BY HER SEARCH FOR LOVE.

The Look of Love, by Sarah Jio, $12.06, amazon.com



RIDE OF YOUR LIFE You love to get cozy, so lean down and snuggle against his chest while on top to up your orgasm's intensity. **MAKE IT HOTTER** If you max out on horizontal cuddling, both of you can pop up and lock into a saucy, seated straddle.

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01.20–02.18

aquarius

INDEPENDENT • *unique* • ELECTRICALLY ALLURING



ALICIA KEYS
01.25.81

Red-Hot Romance Days

January 3
June 5
September 1

sexycast This year is all about balancing your desire for freedom with a partner who is very much his own person. If you are still looking for Mr. Wonderful, this winter, you might be enticed by a confident guy with big dreams who will want to whisk you away on an adventure. Try to be open to new things he might bring to your life, but don't be shy about sharing your boundaries and point of view.

You'll feel more powerful than ever in August and September. Others will notice and be drawn to you, so get out there and strut your stuff!

lifecast You could feel torn between two alternatives at work. Your efforts are paying off, hence these two amazing opportunities, but don't take too long to fully embrace one. Your success won't depend on which you choose but on how deeply you commit. Part of that will mean really engaging with the team, because working with others will be key for you this year. Being responsible is core to who you are, but showing your compassionate side will gain you loyal allies.

Relying on your natural gifts when it comes to technology and communication will let you shine this spring at a crucial juncture.

THE LATEST BOOK IN JONES'S INSIDE OUT SERIES WILL UNLEASH DARK, SEXY FANTASIES.

I Belong to You, by Lisa Renee Jones, $11.29, amazon.com

Eyeko Making Eyes Automatic Gel Eyeliner in Blue Teal, $19, eyeko.com



Balenciaga Paris L'Edition Reflets, $150, Neiman Marcus

Clutch, INC International Concepts, $59.50, macys.com

Sunglasses, Ross and Brown, $135, rossandbrown.com



Jeans, Paige Denim, $289, paige.com



Bra, $119, **panty**, $89, Kriss Soonik, exclusively for Opening Ceremony

STYLECAST

Modern metallics plus bright accents fuel your free-thinking nature. Saturated colors make you stand out, which you don't mind at all.

Days You Will Be a Star at Work

February 4
September 5
November 3

Chantecaille Le Chrome Luxe Eye Duo in Piazza San Marco, $58, chantecaille.com



STRADDLE HIS SADDLE Don't waste time getting to the bed: Straddle him on the floor (just pick a comfy rug!) for one intense sexcapade.
MAKE IT HOTTER Up the bad-girl factor—reach one hand up and lightly pull his hair. You kinky minx, you.

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2015 BEDSIDE ASTROLOGER



02.19–03.20

pisces

IMAGINATIVE • *whimsical* • SUBTLY EDGY



Bracelet, Lele Sadoughi, $285, lelesadoughi.com



Bra, $96, **panty**, $52, Relique, brooklynfoxlingerie.com

Skirt, GoJane, $43, gojane.com

Red-Hot Romance Days

January 27
July 18
September 13

sexycast With a solar eclipse in your sign on March 20th, you are one of the hottest signs in the zodiac this year, so don't be afraid to really go for what you want. The more time and energy you put into the people and things you love most, the more you'll come into your own and truly sparkle. You need someone who can be reliable, but don't settle for anyone who doesn't share your zest and verve.

This summer is your hot zone for love and relationships, so go out of your way to make time for the friends who really get you. They may introduce you to someone amazing who sees just how special you really are.

lifecast You are a creative person, and this year is especially fertile for you. A transformative shift will come when you're able to balance your usual whimsical approach with diligence and consistency. You will be amazed at how much you can accomplish when you banish distractions and set your mind to a single, worthwhile task. Being focused and holding yourself to strict standards will enable you to connect with the right collaborators who can help you make your dreams a reality.

If you use the winter to organize and prioritize your projects, you can expect great advances by November.



Nars Kabuki Brush Set, $149, narscosmetics.com

Sweater, Rebecca Taylor, $295, Rebecca Taylor boutiques

STYLECAST

You juxtapose girlie and gritty looks to achieve your signature style. Have fun finding new combinations only you could pull together so devastatingly.



RIHANNA
02.20.88



Redken Wind Blown 05 Dry Finishing Spray, $18, redken.com for salons



Nails Inc Alexa Sequins in Black and Gold, $15, Sephora

Days You Will Be a Star at Work

January 12
September 18
November 21

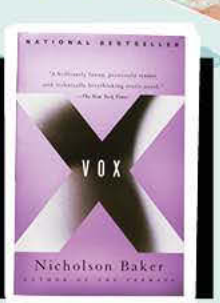


Make Up For Ever Aqua Cream in #18 and #25, $23 each, sephora.com

Boots, Nine West, $129, ninewest.com

ESCAPE INTO AN EROTIC WORLD OF PHONE SEX, AND LET IT INSPIRE YOUR OWN STEAMY SESSION.

Vox, by Nicholson Baker, $10.13, amazon.com





SUBMARINE Take your next romp underwater (sexy hotel bathtub, anyone?) for a wet and wild orgasm. Packing tip: silicone-based lube!
MAKE IT HOTTER Sit up, spin around, and reverse-cowgirl him like the weightless water lily that you are.

your best love match

THE MODALITY QUIZ

START HERE

Your regular crew plus your regular spot is your favorite way to spend Saturday night.

NO YES

During a fight with your BFF, you want your BF to pitch in and help you solve it.

NO YES

what's your modality? (and wtf is that?)

While your sign tells you a lot about your energy and personality, your modality—a lesser-known astro category—describes how you *express* that energy. You may be cardinal (someone who initiates action), fixed (a stabilizing influence), or mutable (a change agent). Knowing your modality helps you discover the strengths you can bring to the workplace and to your relationships. See which modality you are, below, and take our quiz to see which modality you're most attracted to. Then turn the page to learn how the sparks will fly IRL!

CARDINAL aries, cancer, libra, capricorn
You are the doers, the problem solvers of the zodiac! You get restless sitting still. You are innovative and purposeful and will take calculated risks to achieve your aims. The rush you get from accomplishment pushes you forward to your next challenge.

FIXED taurus, leo, scorpio, aquarius
You are strong-willed and value consistency. You take a slow and steady approach with getting to know people, but once you find something or someone you love, you're loyal for life. You dislike change being imposed on you, but when you decide you are ready to make a shift, it is swift and total.

MUTABLE gemini, virgo, sagittarius, pisces
You can get along with anyone, anywhere. You have a knack for fitting in that's aided by how observant and curious you can be as well as a love of exploring. While you do have your preferences, you're more likely—and happy—to go with the flow than dig in your heels.



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You like a guy who fights passionately and doggedly for what he believes in! Swoon.

NO YES

Researching and daydreaming together about a holiday is almost the best part.

NO YES

A surprise birthday party is your worst nightmare.

NO YES

fixed

Robert Pattinson
TAURUS
05.13.86

Michael B. Jordan
AQUARIUS
02.09.87

Ryan Reynolds
SCORPIO
10.23.76

Chris Hemsworth
LEO
08.11.83

mutable

Kellan Lutz
PISCES
03.15.85

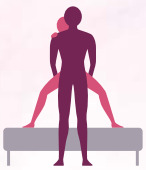
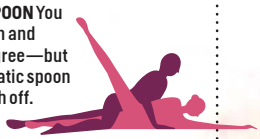
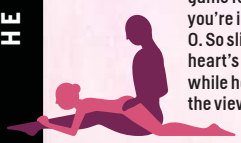
Joel Kinnaman
SAGITTARIUS
11.25.79

Niall Horan
VIRGO
09.13.93

Dave Franco
GEMINI
06.12.85

match made in the heavens?

WHAT'S YOUR MODALITY COMPATIBILITY WITH YOUR GUY?

	YOU ARE CARDINAL *aries, cancer, libra, capricorn*	YOU ARE FIXED *taurus, leo, scorpio, aquarius*	YOU ARE MUTABLE *gemini, virgo, sagittarius, pisces*
HE IS CARDINAL	**CARDINAL SIGN:** You have a lot of respect for each other's ambition. Your calendars are both jam-packed with work, activities, and time with friends. Doing outdoor activities like sports together keeps you bonded. Just make sure you two power players check in with each other! **G FORCE** As the zodiac's alpha couple, you'll reach your highest peak (read: orgasm) in this high-impact position that lets you both control the action. 	**CARDINAL SIGN:** While you tend to dig in your heels, he helps you explore new ways of approaching problems. He can go hard and fast in the bedroom while you appreciate a slower pace, but if you teach him your preferences, he'll be eager to please! **REACH FOR THE HEAVENS** You're set in your ways, but he's an explorer—so let him push you out of your comfort zone. (And...against the headboard.) 	**CARDINAL SIGN:** His can-do attitude and zeal for life inspires you. You love exploring new horizons and he has lots of escapades on tap, so together you are in constant motion. He's adventurous sexually, and you are more than happy to be led by an enthuisiastic guide.  **THE STANDING SPREAD-EAGLE** He's dominant, but get yours too with this passionate upright sex position.
HE IS FIXED	**FIXED SIGN:** This is a great match! You have endless enthusiasm and drive, and he has strong and clear preferences that you respect and admire. He helps give you focus, while you lighten him up and explore new things. Slow down and let him catch up to you. It'll be worth it.  **GET DOWN ON IT** This intimate but steamy position lets you take control...as usual. Your libido's more raging, but your low-key lover is happily along for the ride.	**FIXED SIGN:** You both have your quirks and preferences, but if they click, you totally just *get* each other. You respect one another's determination and values, and your relationship will be a true expression of the things you both love. All that intensity makes your sex life combustible! **THE SENSUAL SPOON** You are both stubborn and sometimes disagree—but not on this acrobatic spoon that gets you both off. 	**FIXED SIGN:** He is a man with a clear idea of who he is and what he wants, and that appeals to you...when you agree with him! You urge him to reach for the stars, while he can be a fabulous teacher and support system. **THE DIRTY DANGLE** He tends to stick with one position, but he's as intent on pleasing you as he was on acing his SATs, so it won't be hard to get him to agree to this head-rushing missionary. 
HE IS MUTABLE	**MUTABLE SIGN:** Your passion and zest ignite him. He loves discovering new possibilities so he's up for the exciting ride you take him on! You will both need to exercise patience, since you're both apt to change your mind and direction unexpectedly. It's all good. **BOOTYFUL VIEW** He's game for anything and you're impatient for your O. So slip 'n' slide to your heart's (and clit's) content while he thrusts and enjoys the view. 	**MUTABLE SIGN:** You prioritize life differently. You know what matters most to you and are willing to fight for it, while he seems to be constantly changing and adopting new interests. You could be frustrated by this or embrace it. **THE SPIDER WEB** Rein in his short attention span with this intimate orgasmic tangle, then keep things focused with some super-hot slow grinding. 	**MUTABLE SIGN:** The world is your oyster! You both enjoy getting swept away by your curiosity and intuition. One weekend, you're uncovering a nearby town together or bingeing on a new show. The next, you're enjoying previously unexplored sexual territory. **STAND AND DELIVER** You're both so rarin' to go, you sometimes forget the romance factor. So combine your smokin'-hot up-against-the-wall sex with intense eye contact. 

GETTY IMAGES

Unilever



"There's no dry time. I'm impressed."

—Ashley

New Dove Dry Spray Antiperspirant

Discover 48-hour protection that goes on instantly dry with all the care of Dove.

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FIFTY SHADES OF GREY

VALENTINE'S DAY 2015

Fifty Shades of Grey Movie © 2015 Universal Studios



UNLOCK THE MAKEUP SECRETS

MAKE UP FOR EVER introduces a limited edition makeup collection inspired by the hottest movie of the year, *Fifty Shades of Grey*. Discover professional quality formulas and a complete artist palette from the color brand coveted by makeup enthusiasts.

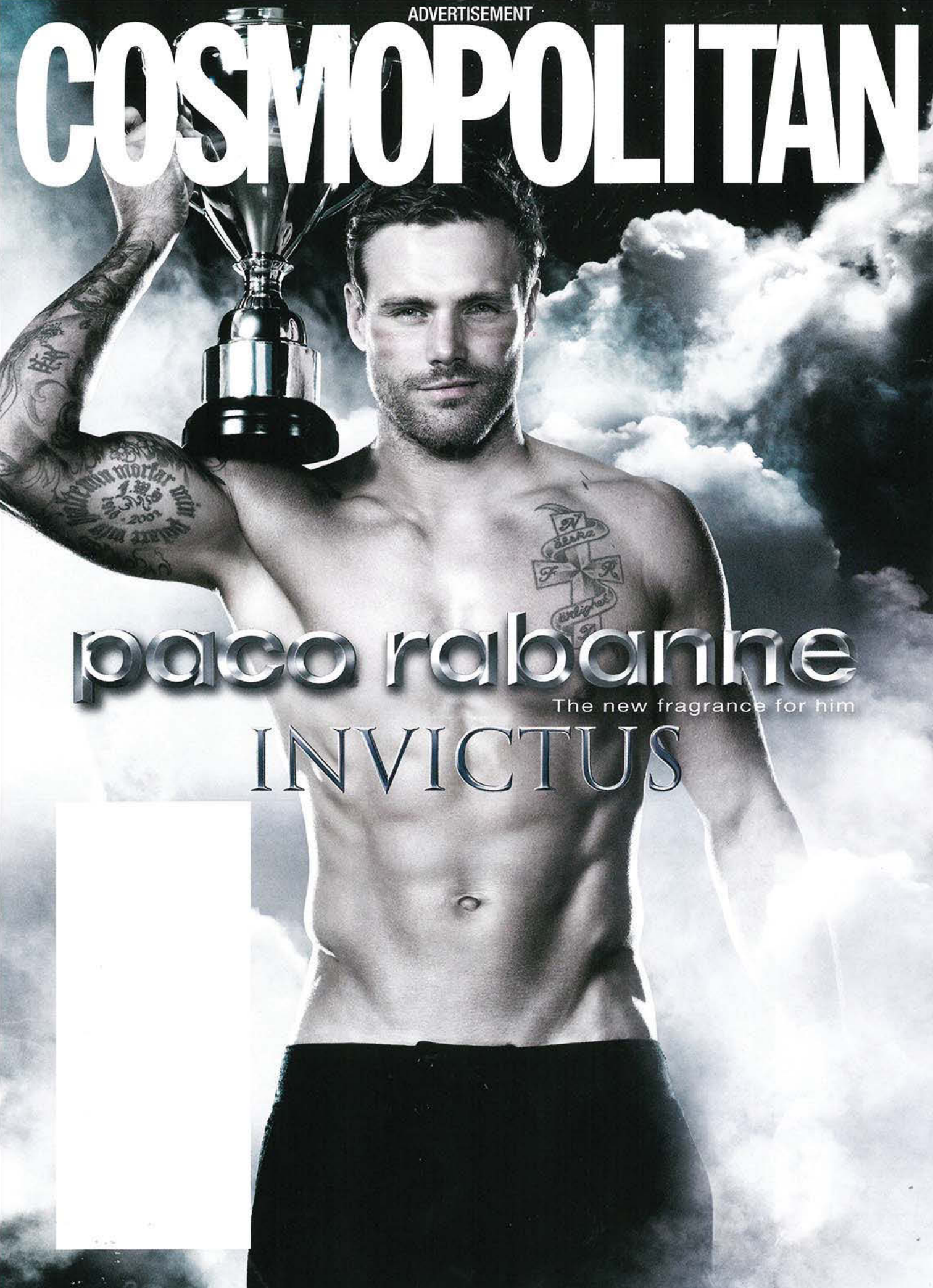
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The new fragrance for him



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